

Connecticut Department of Public Health
in collaboration with Connecticut State Department of Education
2007 Connecticut School Health Survey



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2007 CONNECTICUT SCHOOL HEALTH SURVEY

APRIL 2009

CONNECTICUT DEPARTMENT OF PUBLIC HEALTH

in collaboration with

Connecticut State Department of Education

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For more information about the CSHS, please visit the website at www.ct.gov/dph Search word: CSHS



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For additional information about student health-risk behaviors, please visit the website at www.ct.gov/sde/healthyconnections

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2007
CONNECTICUT SCHOOL HEALTH SURVEY REPORT
YOUTH BEHAVIOR COMPONENT

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YOUTH BEHAVIOR COMPONENT

INTRODUCTION TO THE YOUTH BEHAVIOR COMPONENT OF THE CONNECTICUT SCHOOL HEALTH SURVEY

In the United States, 72% of all deaths among youth and young adults aged 10–24 years result from four causes: motor-vehicle crashes (30%), other unintentional injuries (15%), homicide (15%), and suicide (12%). Substantial morbidity and social problems also result from the approximately 757,000 pregnancies among women aged 15–19 years, the estimated 9.1 million cases of sexually transmitted diseases (STDs) among persons aged 15–24 years, and the estimated 5,089 cases of human immunodeficiency virus/acquired immunodeficiency syndrome (HIV/AIDS) among persons aged 15–24 years that occur annually. Among adults aged >25 years, 59% of all deaths in the United States result from cardiovascular disease (36%) and cancer (23%). These leading causes of morbidity and mortality among youth and adults in the United States are related to six categories of priority health-risk behaviors: behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and STDs, including HIV infection; unhealthy dietary behaviors; and physical inactivity. These behaviors frequently are interrelated and are established during childhood and adolescence and extend into adulthood.[†]

The 2007 Connecticut School Health Survey (CSHS) is a comprehensive survey that consists of two components: the Youth Tobacco Component (YTC) and the Youth Behavior Component (YBC). The YBC collects data that are used to measure progress toward achieving 15 national health objectives for the US Department of Health and Human Services *Healthy People 2010 (HP 2010)* and 3 of the 10 leading health indicators, to assess trends in health-risk behaviors among high school students, and to evaluate the impact of broad school and community interventions. Prominent health concerns are contributing factors in loss of instructional time, including absenteeism, dropout rates, and chronic illness. Reducing the disparities in educational, child, and adolescent health indicators remains one of the major challenges facing the education and public health communities in Connecticut. The YBC of the CSHS asks questions that focus on the leading causes of morbidity and mortality among youth and young adults in the United States. Those leading causes of death are related to six categories of priority health-risk behaviors: behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and STDs, including HIV/AIDS, unhealthy dietary behaviors; and physical inactivity. Between February and June 2007, the Connecticut Department of Public Health (DPH) conducted the CSHS in cooperation with the Centers for Disease Control and Prevention (CDC), the Connecticut State Department of Education, and partners from local school health districts and local health departments. The YBC of the CSHS was administered to a representative sample of all regular public high school students in Connecticut.

The 2007 YBC was made up of 99 questions developed by CDC and DPH. In total, 2,072 students in grades 9 through 12 from 46 public high schools completed the self-administered, anonymous survey (see *Youth Behavior Component Survey Instrument & Sampling Design* for more details, p. 98). When sample size and prevalence rates allow, results are presented by sex and race/ethnicity (white non-Hispanic, black non-Hispanic, and Hispanic).[‡] To help the reader discern true differences between comparison groups, findings that are statistically significant at the $p \leq 0.05$ level are emphasized as “significant” differences.

In this report, some of the results from the 2007 National Youth Risk Behavior Survey are used for comparison. All of the national data used in the YBC section of this report were taken from the Centers for Disease Control and Prevention. [Youth Risk Behavior Surveillance—United States, 2007]. Surveillance Summaries, [June 6, 2008]. MMWR 2008; 57 (No. SS-4).

For the reader’s convenience, a *Glossary of Terms* is provided at the end of this report. Also, unless otherwise noted, all data presented and discussed in the YBC section of this report are referring to regular public high school students (grades 9–12) in Connecticut. The next CSHS will be administered in the spring of 2009.

[†] Centers for Disease Control and Prevention. [Youth Risk Behavior Surveillance—United States, 2007]. Surveillance Summaries, [June 6, 2008]. MMWR 2008; 57 (No. SS-4), p. 2.

[‡] For the YBC section of this report, race/ethnicity was based on the student’s answer to one of two questions. 1.) “Are you Hispanic or Latino?” or 2.) “What is your race?” (students could select one or more answers to question 2). The options for question 2 were “American Indian or Alaska Native,” “Asian,” “Black or African American,” “Native Hawaiian or Other Pacific Islander,” and “White.” If a student answered “yes” to question 1, he/she was classified as “Hispanic,” regardless of his/her response to question 2. If a student answered “no” to question 1, then the student’s response to question 2 was used. In this report, three classifications were used. Students were classified as “Hispanic” if they answered “yes” to question 1; “white” (non-Hispanic) if they selected “no” for question 1 and only “White” for question 2; or “black” (non-Hispanic) if they selected “no” for question 1 and only “Black or African American” for question 2. Data are presented only for black, Hispanic and white students because the sample size of students from other racial/ethnic populations was too small for a meaningful analysis.



YOUTH BEHAVIOR COMPONENT EXECUTIVE SUMMARY

The Connecticut School Health Survey (CSHS) was administered in the spring of 2007. The Youth Behavior Component (YBC) of the 2007 CSHS consisted of anonymous responses from a representative sample of 2,072 regular public school students in grades 9-12 in Connecticut. The data were weighted (see *Youth Behavior Component Survey Instrument & Sampling Design* for more details, p. 98) and analyzed for this report. These weighted results were used to make important inferences concerning health-risk behaviors of all regular students in high school (grades 9-12) in the state of Connecticut. The survey monitors six priority health-risk behaviors among youth: behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) infections; unhealthy dietary behaviors; and physical inactivity. Additionally, the YBC collects data on general health status, protective factors, and the prevalence of overweight (see *Glossary of Terms* for definition, p. 103) and asthma. This report summarizes the results from the 2007 survey.

BEHAVIORS THAT LEAD TO UNINTENTIONAL INJURIES AND VIOLENCE

In the 12 months prior to the survey, more than 39,000 high school students (22.8%) felt so sad or hopeless for two weeks or more in a row that they stopped doing some usual activities, and nearly 10% of students actually attempted suicide at least one time. High school boys in Connecticut (10.2%) are significantly more likely than their national counterparts (4.6%) to have attempted suicide in the past year; the same is true among white students (8.8% and 5.6%). High school students in Connecticut (9.8%) are significantly more likely than US high school students (6.9%) to have attempted suicide at least once in the past year.

In grade 9, 22.4% of students report that in the past 30 days they rode in a car with a driver who had been drinking alcohol. That rate increases significantly to 34.2% in grade 12. Among high school students, boys (11.8%) are more likely than girls (8.4%) to have driven a car or other vehicle in the past 30 days when they had been drinking alcohol, and white (11.5%) students are significantly more likely than black (3.9%) students to have driven while drinking. Overall, about 10% of students in high school drove in the 30 days prior to the survey while they were drinking alcohol.

Students in grade 9 (35.5%) are significantly more likely than those in grade 12 (22.7%) to have been harassed or bullied on school property at least once in the past 12 months; additionally, 13,500 high school students were threatened or injured with a weapon on school property. In high school, boys (10.1%) are significantly more likely than girls (5%) to have been injured or threatened with a weapon on school property during the past year, and they are significantly more likely to have carried a weapon on school property (8.1% and 2.8%). Additionally, nearly 28,000 high school boys and 22,000 high school girls had personal property stolen or deliberately damaged at school in the past year.

In grades 9 through 12, Connecticut students are more likely than their US counterparts to have been purposely hit, slapped, or physically hurt by their boyfriend or girlfriend in the past year (dating violence); the difference in grade 12 is statistically significant (18.6% and 12.1%). White high school students in Connecticut (12.4%) are significantly more likely than US white high school students (8.4%) to have experienced dating violence in the past year, and the same is true for Connecticut and US high school students overall (13.4% and 9.9%).

In high school, boys in Connecticut (7.9%) are significantly more likely than US boys (4.5%) to report that they have ever been physically forced to have sexual intercourse when they did not want to. High school students who have ever been forced to have sexual intercourse are significantly more likely than those who have not been forced to currently drink alcohol, smoke cigarettes, and use marijuana. Also, about one in three students who have ever been forced to have sexual intercourse seriously considered attempting suicide in the past year, compared to 1 in 10 who have never been forced; the difference is statistically significant. And, those students who have ever been forced to have sexual intercourse (26%) are over three times more likely than those who have not been forced (7.6%) to have attempted suicide at least once in the past year; the difference is statistically significant.

ALCOHOL AND OTHER DRUG USE

An estimated 77,800 high school students (46%) had at least one drink of alcohol on 1 or more of the 30 days prior to the survey (current alcohol use),



and about 45,000 (26.2%) consumed five or more alcoholic beverages in a row within a couple of hours at least once during the past 30 days (binge drinking). In high school, Hispanic (23.8%) and white (30.8%) students are significantly more likely than black (7.7%) students to binge drink. Nearly 25% of the high school students who binge drink, did so on 6 or more of the past 30 days.

Nearly 32,000 high school students (18.3%) had their first drink of alcohol (other than a few sips) before the age of 13. This rate is significantly lower than the rate for students nationally (23.8%). White (16.4%), black (20.6%), and Hispanic (26%) high school students are less likely than their national counterparts (21.5%, 26.7%, and 29%, respectively) to have had their first alcoholic drink before age 13. Most high school students (67.4%) who have ever had a drink of alcohol (other than a few sips) first drank between the ages of 13 and 16.

High school students who smoked cigarettes on 1 or more of the past 30 days (current smoking) are more than twice as likely as non-smokers to currently drink alcohol; four times more likely to binge drink; three times more likely to have had a drink of alcohol (other than a few sips) before the age of 13; and eight times more likely to have had at least one drink of alcohol on school property in the past 30 days. All of the differences are statistically significant.

An estimated 39,400 high school students (23.2%) used marijuana on 1 or more of the past 30 days (current marijuana use), and about 14,500 or 8.5% tried marijuana before age 13. Current marijuana use rates for boys and girls in high school in Connecticut are higher than those for their national counterparts, as are the rates for white and Hispanic students, but the current marijuana use rate for black high school students in Connecticut (15.7%) is lower than it is for US black high school students (21.5%). Among current marijuana users, 9,400 or 24.1% used it on school property at least once in the past 30 days.

More than 14,000 high school students (8.3%) have used some form of cocaine at least once in their lives, and about 7,600 (4.4%), used cocaine on 1 or more of the 30 days prior to the survey (current cocaine use). The current cocaine use rate among Connecticut high school students is higher than, but statistically similar to, the rate for students nationally (3.3%)

Approximately 7,100 Connecticut high school students (4.1%) have used heroin one or more times in their lives (lifetime heroin use). High school boys in Connecticut (4.8%) are 66% more likely than US boys (2.9%) to have ever used heroin, and Connecticut girls (3%) are 88% more likely than US girls (1.6%) to have ever used it. The lifetime heroin use rate among high school students in Connecticut (4.1%) is significantly higher than it is for US students (2.3%).

As for other drug use, about 22,200 Connecticut high school students have ever used over-the-counter medication to get high (12.9%), 19,400 have used inhalants (11.2%), 11,500 have used ecstasy (6.6%), 9,700 have used methamphetamines (5.6%), and 4,700 have used a needle to inject an illegal drug (2.7%)

SEXUAL BEHAVIORS

An estimated 67,000 high school students (60.7%) have had sexual contact at least once in their lives, and of those students, about 13% of the girls and 4% of the boys have had sexual contact with both males and females. More than 65,000 high school students or 42.4% have had sexual intercourse at least once in their lives, and of those students, 13.5% had sexual intercourse before they were 13 years old. The percentage of students who have ever had sexual intercourse increases from 24.2% in grade 9 to 68% in grade 12. In high school, boys (43.1%) and girls (41.8%) in Connecticut are less likely than their US counterparts (49.8% and 45.9%, respectively) to have ever had sexual intercourse, and black students in Connecticut (51.4%) are significantly less likely than US black students (66.5%) to have ever had sexual intercourse.

Nearly 49,000 high school students (31.8%) had sexual intercourse at least once in the 3 months preceding the survey (currently sexually active). Current sexual activity among students more than triples between grade 9 (15.4%) and grade 12 (53.8%); the increase is statistically significant. In high school, Connecticut boys, girls, white students, black students, and students overall are less likely than their national counterparts to be currently sexually active, while Connecticut Hispanic students (41.2%) are more likely than US Hispanic students (37.4%) to be currently sexually active.

Of the Connecticut high school students who are currently sexually active, the last time they had sexual intercourse, 62.7% used a condom and 27.9%



used alcohol or drugs. Currently sexually active boys (33.9%) are more likely than their female counterparts (22.7%) to have used alcohol or drugs the last time they had sexual intercourse.

In high school, white (58.5%) students are significantly less likely than black (73.7%) and Hispanic (68.8%) students to have been told by their parents or other adults in their family what they expect them to do or not to do when it comes to sex. Less than one-quarter of high school boys, girls, white students, black students, and Hispanic students have had a conversation with their parents or guardians about sex and ways to prevent sexually transmitted diseases.

HEALTH-RISK BEHAVIORS

In the past 12 months, 45.2% of high school students gambled for money or possessions. Among white students in high school, boys (48.8%) are significantly more likely than girls (19.6%) to have gambled in the past year, and high school students who report gambling (27.6%) in the past year are significantly more likely than those who did not gamble (18.3%) to currently smoke cigarettes.

Students who report that their grades in school in the past year have been mostly Ds and Fs (25.5%) are significantly more likely than students who report that most of their grades were better than Ds and Fs (12.5%) to have attempted suicide at least once in the past 12 months. In high school, current smokers (10.5%) and current marijuana users (10.3%) are significantly more likely than students who do not smoke (3.3%) or use marijuana (2.9%) to describe their grades as mostly Ds and Fs. High school students who describe their grades in school in the past year as mostly Ds or Fs (61.6%) are nearly twice as likely as those who describe their grades as mostly As (32.9%) to currently drink alcohol; the same is true for binge drinking (38.5% and 19.5%). The rate of current marijuana use among students who describe their grades as mostly Ds or Fs (52.1%) is five times higher than it is among those who describe their grades as mostly As (10.5%). Additionally, among high school students, as their letter grades in school decrease from As (20.9%) to Bs (30.4%) to Cs (42.5%) to Ds or Fs (60%), the percentage of students who are currently sexually active increases significantly.

About 30% of high school students play video or computer games or watch TV for three or more hours on an average school day. These students are significantly more likely than their peers who do not play computer games or watch TV for three or more hours on school days to be overweight. In high school, black (56.8%) students are significantly more likely than white (23.6%) and Hispanic (39.5%) students to watch TV for three or more hours on an average school day, and Hispanic students are significantly more likely than white students to watch three or more hours of TV on a school day.

PHYSICAL INACTIVITY, OVERWEIGHT, AND DIETARY BEHAVIORS

Nearly 25,000 high school students (14.5%) did not do at least 60 minutes of physical activity on at least one of the past seven days (physically inactive). In high school, Hispanic girls (30.8%) are significantly more likely than Hispanic boys (13.3%) to be physically inactive, and high school girls (17.8%) are significantly more likely than their male counterparts (11.3%) to be physically inactive.

Approximately 42,000 high school students (25.6%) are overweight, and about 45% are trying to lose weight. From grade 9 through grade 12, boys are more likely than girls to be overweight; the differences in grades 10 and 11 are statistically significant. Among boys in high school, Hispanic (41.7%) students are significantly more likely than white (28.4%) students to be overweight, and among white high school students, boys (28.4%) are significantly more likely than girls (15.3%) to be overweight. High school black (30.3%) and Hispanic (31.6%) girls are significantly more likely than white (15.3%) girls to be overweight.

In the week prior to the survey, approximately 36,400 high school students (21.5%) ate the recommended five or more servings of fruits and vegetables per day. High school black (24.6%) students are slightly more likely than white (20.7%) and Hispanic (21.7%) students to have eaten five or more servings per day, and Connecticut high school students (21.5%) are as equally likely as their US counterparts (21.4%) to have eaten five or more servings of fruits and vegetables per day in the seven days prior to the survey.



PROTECTIVE FACTORS AND OTHER HEALTH-RELATED TOPICS

From grade 9 through grade 12, boys are more likely than girls to report that their health is very good or excellent. The differences in grade 10 and 11 are statistically significant. Among white high school students, boys (68.9%) are significantly more likely than girls (56.1%) to say that their health is very good or excellent. Overall, high school boys (67.7%) are significantly more likely than the girls (53.6%) to report very good or excellent health.

Slightly more than 60% of high school students participated in extracurricular activities after school or on weekends on one or more of the past seven days. Nearly one-half of high school students volunteered for one or more hours during the past 30 days, and about one-third work at a paying job outside of their home for five or more hours in an average week during the school year.

An estimated 95,700 high school students (57.8%) plan on completing a post-high school program, such as vocational training, military service, community college, or 4-year college. White (70.3%) and black (58.5%) high school girls are significantly more likely than their male counterparts (56.3% and 41.6%, respectively) to think that they will definitely complete a post-high school program. Overall, high school girls (64.6%) are significantly more likely than high school boys (51.5%) to think that they will definitely complete a post-high school program.

The percentage of students who get eight or more hours of sleep on an average school night varies by grade between 16.8% and 24%. In grade 9, Connecticut students (22%) are significantly less likely than their US counterparts (42.3%) to get eight or more hours of sleep on a typical school night. Connecticut high school boys, girls and students overall are significantly less likely than students nationally to get eight or more hours of sleep on an average school night.

Approximately 99,330 high school students (59.6%) live with two parents most of the time. In high school, among both boys and girls, white students are significantly more likely than black and Hispanic students to live with two parents most of the time. Compared to high school students who do not live with two parents most of the time, high school students who live with two parents most of the time are significantly less likely to engage in many health-risk behaviors such as sexual activity, physical fighting, and cigarette smoking.

The percentage of students who ate at least one meal with their family on five or more of the past seven days decreases by grade from 51.9% in grade 9 to 33.1% in grade 12. Among high school boys, white (52.3%) and Hispanic (38%) students are significantly more likely than black (21.8%) students to have eaten at least one meal with their family on five or more of the past seven days. Among high school girls, white (47.8%) students are significantly more likely than black (32.7%) and Hispanic (33.1%) students to have had at least one meal with their family on five or more of the past seven days. High school students who ate at least one meal with their family on five or more of the past seven days are significantly less likely than students who did not eat with their family to engage in many health-risk behaviors such as sexual activity, alcohol use, marijuana use, and cigarette smoking.

High school students who have parents who always or most of the time know where the student is when the student is away from home are significantly less likely than their peers who have parents who rarely or never know the student's whereabouts to engage in many risky behaviors such as sexual contact, alcohol use, binge drinking, marijuana use, cigarette smoking, and the initiation of drinking alcohol, using marijuana, and having sexual intercourse before the age of 13.

High school students who strongly agree that their family loves and supports them are significantly less likely than students who disagree or strongly disagree to be currently sexually active, to currently use marijuana, to currently smoke cigarettes, to have seriously considered suicide at least once in the past year. They are also less likely to have tried marijuana and alcohol before the age of 13 and to have had sexual intercourse before the age of 13.

High school students who have at least one adult other than a parent who they feel comfortable seeking help from when they have an important question affecting their lives are significantly less likely than their counterparts who do not have another adult to seek help from to have felt so sad or hopeless for two weeks or more in the past year that they stopped doing some usual activities (21.7% and 28.3%); to have, in the past year, seriously considered attempting suicide (11.4% and 19.2%); and to have actually attempted suicide in the past year (7.8% and 13.5%).

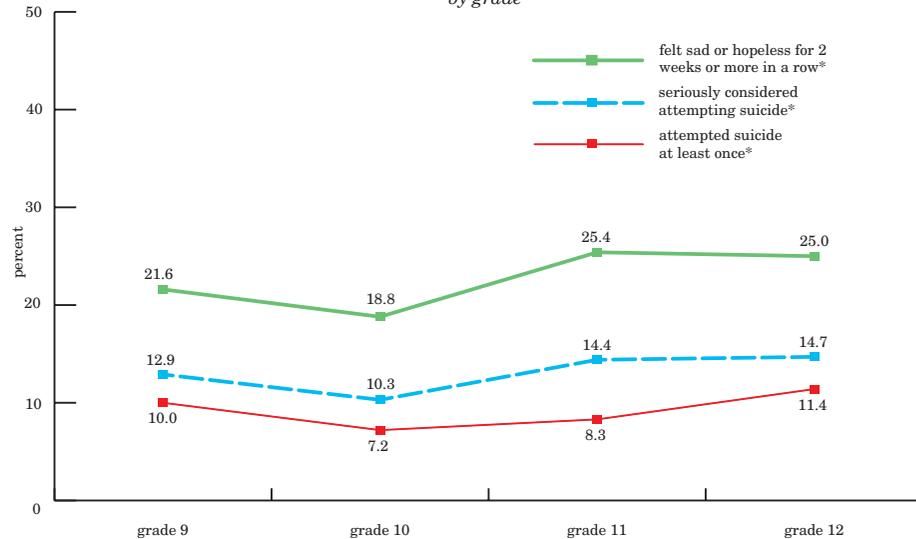


**Unintentional
Injury
and
Violence**

DEPRESSION AND SUICIDAL BEHAVIOR

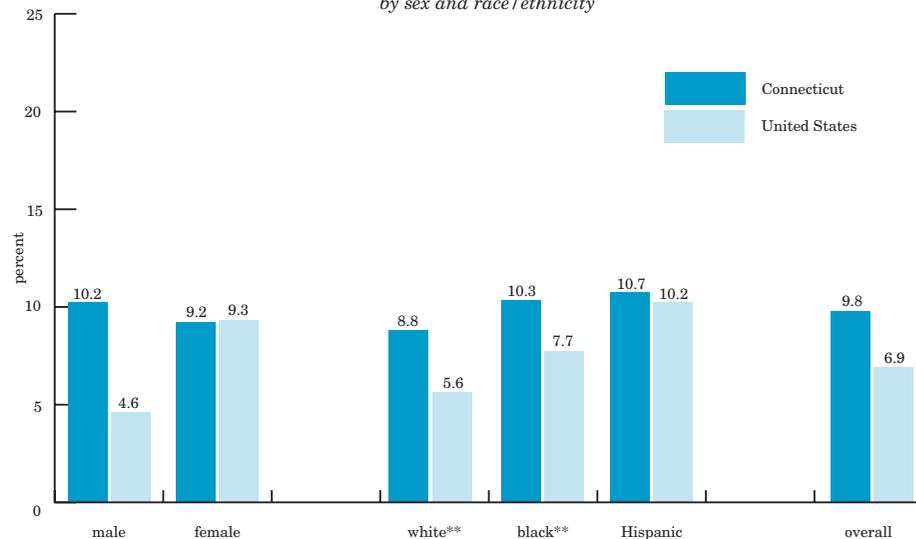
- In the 12 months preceding the survey, an estimated 39,300 high school students in Connecticut (22.8%) felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities—*data not shown on graphs*
- Students in grade 12 (11.4%) are more likely than those in grades 9 (10%), 10 (7.2%), and 11 (8.3%) to have attempted suicide at least once in the past 12 months, however there are no statistically significant differences between any of the grades
- In the 12 months preceding the survey, an estimated 17,000 Connecticut high school students (9.8%) attempted suicide at least one time
- Of the high school students who attempted suicide in the past 12 months (*the following data are not shown on graphs*),
 - 66.4% attempted suicide 1 time
 - 13.9% attempted suicide 2 or 3 times
 - 19.7% attempted suicide 4 times or more
- In high school in Connecticut, Hispanic (10.7%) students are more likely than both white (8.8%) and black (10.3%) students to have attempted suicide at least once in the past year
- High school boys in Connecticut (10.2%) are more than twice as likely as boys nationally (4.6%) to have attempted suicide at least once in the past 12 months, and the difference is statistically significant
- High school girls in Connecticut (9.2%) are as likely as their national counterparts (9.3%) to have attempted suicide at least once in the past 12 months
- White high school students in Connecticut (8.8%) are significantly more likely than their national counterparts (5.6%) to have attempted suicide at least once in the past 12 months
- High school students in Connecticut (9.8%) are significantly more likely than high school students nationally (6.9%) to have attempted suicide at least once in the past 12 months

Depression and suicidal behavior among students
by grade



*in the past 12 months

Connecticut and US high school students who attempted suicide at least once in the past 12 months
by sex and race/ethnicity



**non-Hispanic

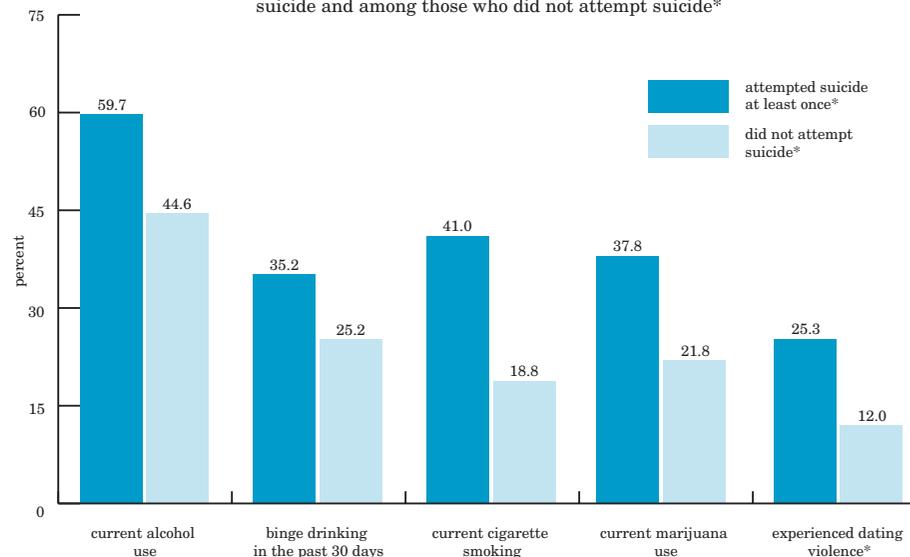


DEPRESSION AND SUICIDAL BEHAVIOR, (CONTINUED)

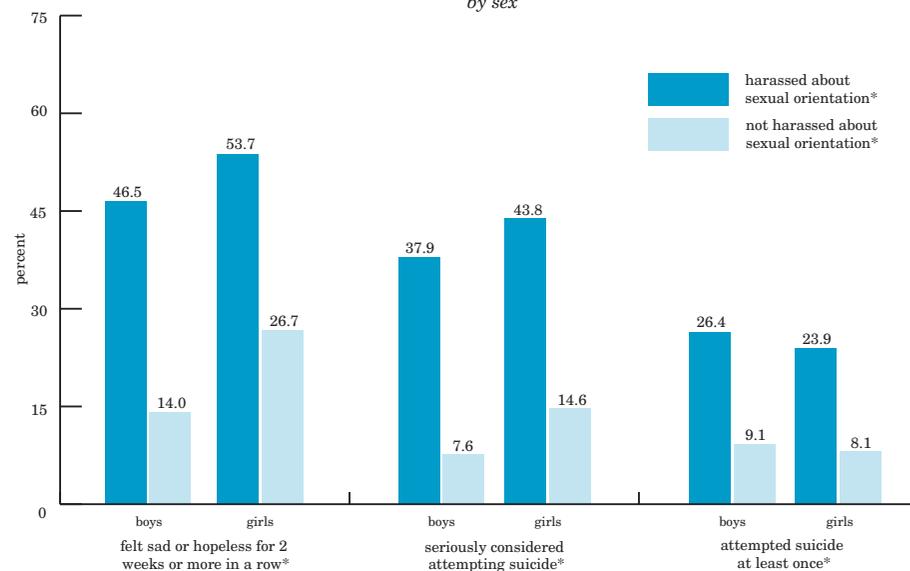
- High school students who attempted suicide one or more times in the past 12 months are significantly more likely than those who did not attempt suicide to have done the following:
 - Had at least one drink of alcohol on 1 or more of the past 30 days (current alcohol use)[†]
 - Smoked cigarettes on 1 or more of the past 30 days (current cigarette smoking)[‡]
 - Smoked marijuana on 1 or more of the past 30 days (current marijuana use)[§]
 - Experienced dating violence in the past year**
- Boys in high school who were harassed on school property at least once in the past 12 months about their perceived sexual orientation (37.9%) are about five times more likely than their peers who were not harassed for this reason (7.6%) to have, in the past year, seriously considered attempting suicide; the difference is statistically significant
- High school boys and girls who were harassed at least once in the past 12 months about their perceived sexual orientation are three times more likely than their counterparts who were not harassed for this reason to have attempted suicide at least once in the past year; the difference within each group is statistically significant

[†]see page 18
[‡]see page 25
[§]see page 23
^{**}see page 16

Health-risk behaviors among high school students who attempted suicide and among those who did not attempt suicide*



Depression and suicidal behavior among high school students who were harassed on school property about their perceived sexual orientation and among those who were not harassed* by sex



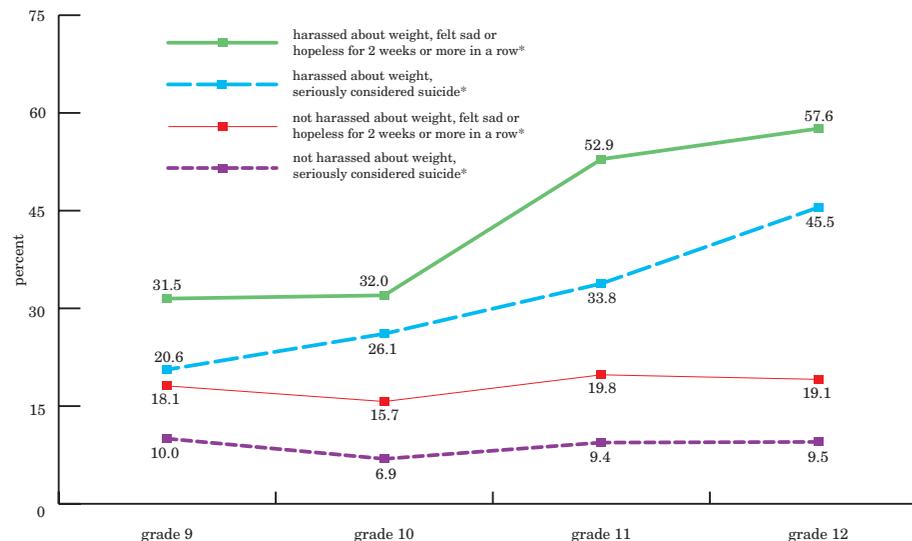
*in the past 12 months



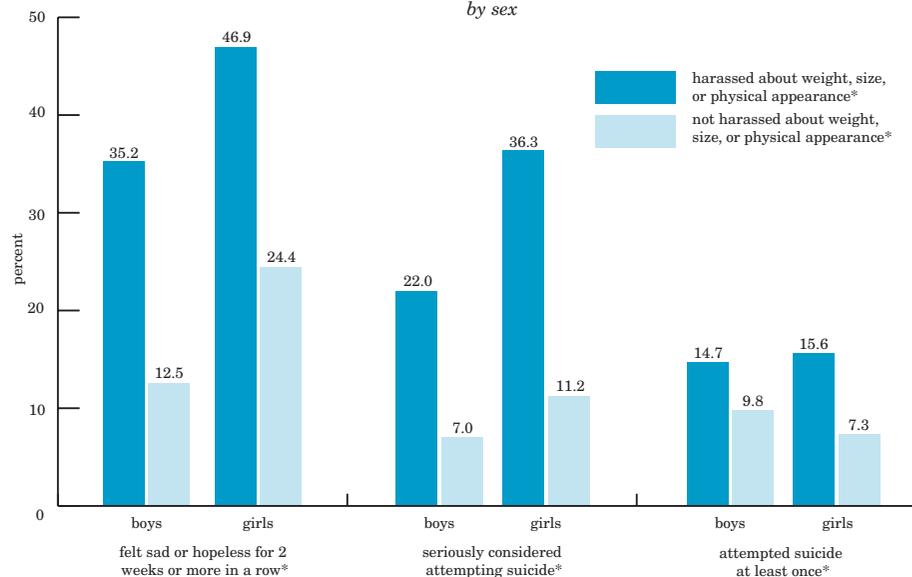
DEPRESSION AND SUICIDAL BEHAVIOR, (CONTINUED)

- Students in grades 10 through 12 who report being harassed on school property in the past year about their weight, size, or physical appearance are significantly more likely than their counterparts who were not harassed to have felt so sad or hopeless for two weeks or more in a row in the past year that they stopped doing some usual activities
- Students in grades 10 through 12 who report being harassed on school property in the past year about their weight, size, or physical appearance are significantly more likely than their counterparts who were not harassed to have, at least once in the past year, seriously considered committing suicide
- In high school, boys who report being harassed on school property in the past 12 months about their weight, size, or physical appearance (35.2%) are significantly more likely than boys who were not harassed (12.5%) to have felt sad or hopeless for two weeks or more in a row in the past year. The same is true for girls (46.9% and 24.4%)
- In high school, boys who report being harassed on school property in the past 12 months about their weight, size, or physical appearance (22%) are significantly more likely than boys who were not harassed (7%) to have, in the past year, seriously considered committing suicide. The same is true for girls (36.3% and 11.2%)
- In high school, girls who were harassed on school property in the past 12 months about their weight, size, or physical appearance (15.6%) are significantly more likely than girls who were not harassed (7.3%) to have attempted suicide at least once in the past year

Depression and suicidal behavior among students who were harassed on school property about their weight, size, or physical appearance and among students who were not harassed*



Depression and suicidal behavior among high school students who were harassed on school property about their weight, size, or physical appearance and among those who were not harassed* by sex



*in the past 12 months



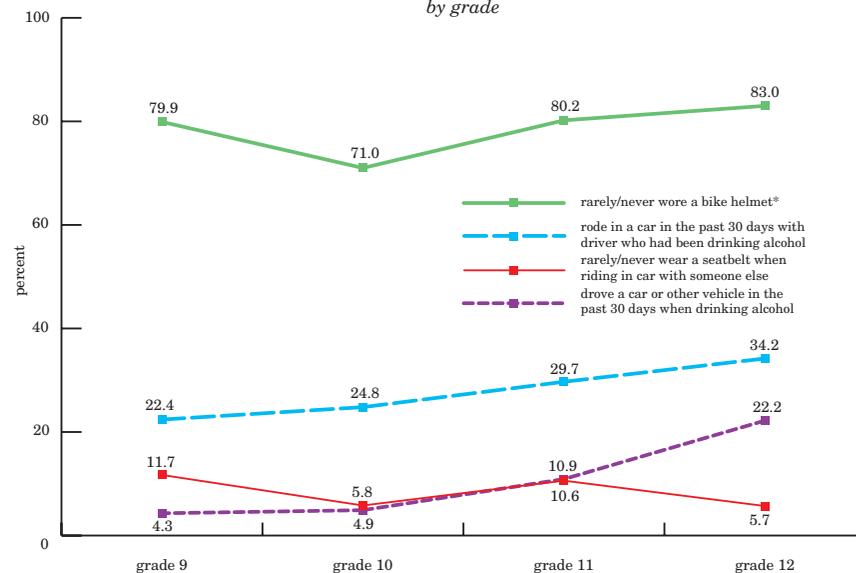
BEHAVIORS THAT CONTRIBUTE TO UNINTENTIONAL INJURIES

- Approximately 8 out of 10 students in grades 9, 11, and 12 who rode a bike in the past 12 months rarely or never wore a helmet
- Students in grade 9 (11.7%) and 11 (10.6%) are twice as likely as students in grade 10 (5.8%) and 12 (5.7%) to rarely or never wear a seat belt when riding in a car driven by someone else
- A *Healthy People 2010* objective is to reduce the proportion of adolescents who report that they rode, during the previous 30 days, with a driver who had been drinking alcohol to a rate of no more than 30%. In Connecticut, the rate increases significantly from 22.4% in grade 9 to 34.2% in grade 12
- In Connecticut, high school boys (11.8%) are more likely than high school girls (8.4%) to have driven a car or other vehicle at least once in the past 30 days when they had been drinking alcohol
- Of the 46.7% of high school boys in Connecticut who are current alcohol users[†], nearly one quarter (24.2%) drove at least once in the past 30 days when they had been drinking alcohol—*data not shown on graphs*
- In Connecticut, white high school students (11.5%) are significantly more likely than black high school students (3.9%) to have driven a car or other vehicle at least once in the past 30 days when they had been drinking alcohol
- At least once in the 30 days prior to the survey, slightly more than 1 in 10 or 17,600 Connecticut high school students drove a car or other vehicle when they had been drinking alcohol
- Among current alcohol users in high school in Connecticut, 21.2% drove in the past 30 days when they had been drinking alcohol. Of those students (*data not shown on graphs*),
 - 47.2% drove 1 time
 - 31.3% drove 2 to 3 times
 - 21.6% drove 4 times or more

[†] see page 18

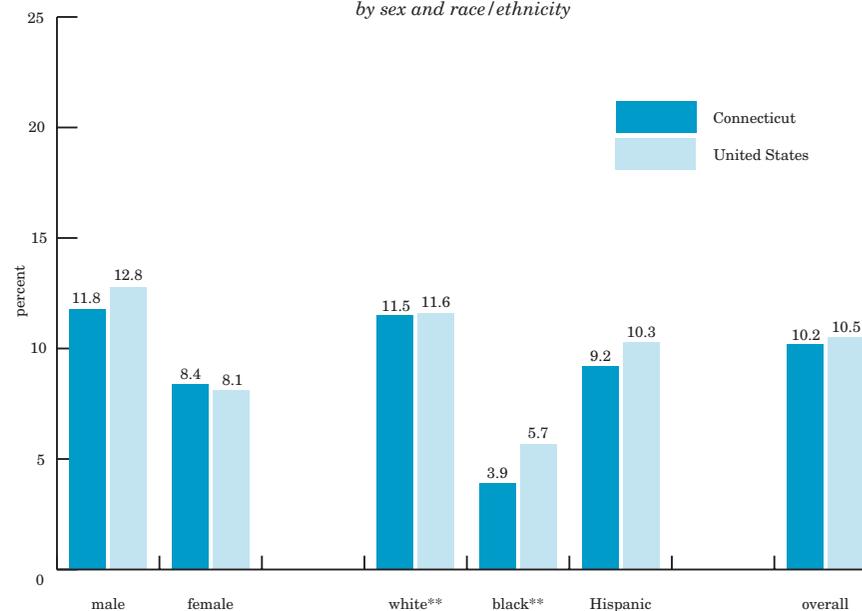
**non-Hispanic

Health-risk behaviors among students that contribute to unintentional injuries by grade



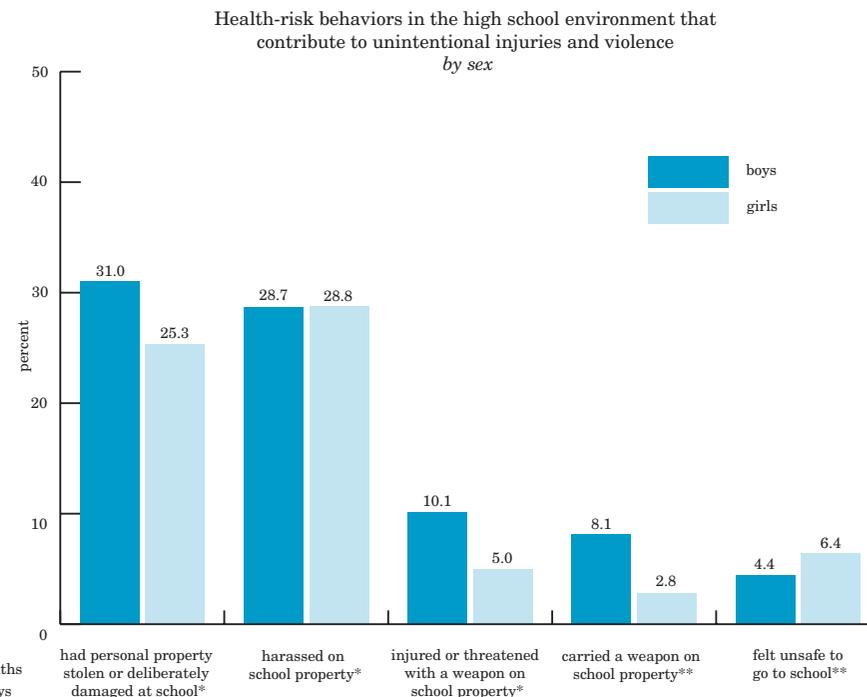
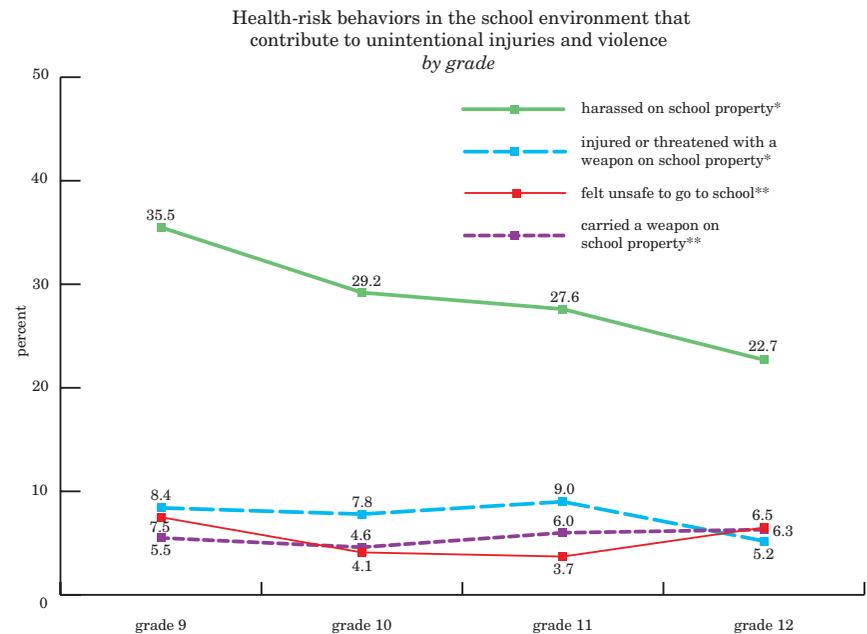
*among students who rode a bike in the past 12 months

Connecticut and US high school students who drove a car or other vehicle at least once in the past 30 days when they had been drinking alcohol by sex and race/ethnicity



BEHAVIORS IN THE SCHOOL ENVIRONMENT THAT CONTRIBUTE TO UNINTENTIONAL INJURIES AND VIOLENCE

- Students in grade 9 (35.5%) are significantly more likely than students in grade 12 (22.7%) to have been harassed or bullied on school property at least once in the past 12 months
- The percentage of students who were injured or threatened with a weapon on school property at least once in the past year varies by grade from 5.2% in grade 12 to 9% in grade 11. None of the differences between any of the grades are statistically significant
- In high school, boys (10.1%) are significantly more likely than girls (5%) to have been injured or threatened with a weapon on school property at least once in the past year. Boys (8.1%) are also significantly more likely than girls (2.8%) to have carried a weapon on school property on at least 1 of the past 30 days
- Of the 13,500 high school students (7.7%) who were threatened or injured with a weapon on school property in the past year (*data not shown on graphs*),
 - 46.4% were threatened or injured 1 time
 - 29.6% were threatened or injured 2 to 5 times
 - 23.9% were threatened or injured 6 times or more
- About 27,600 high school boys (31%) and 21,600 high school girls (25.3%) had personal property stolen or deliberately damaged at school at least one time in the past year



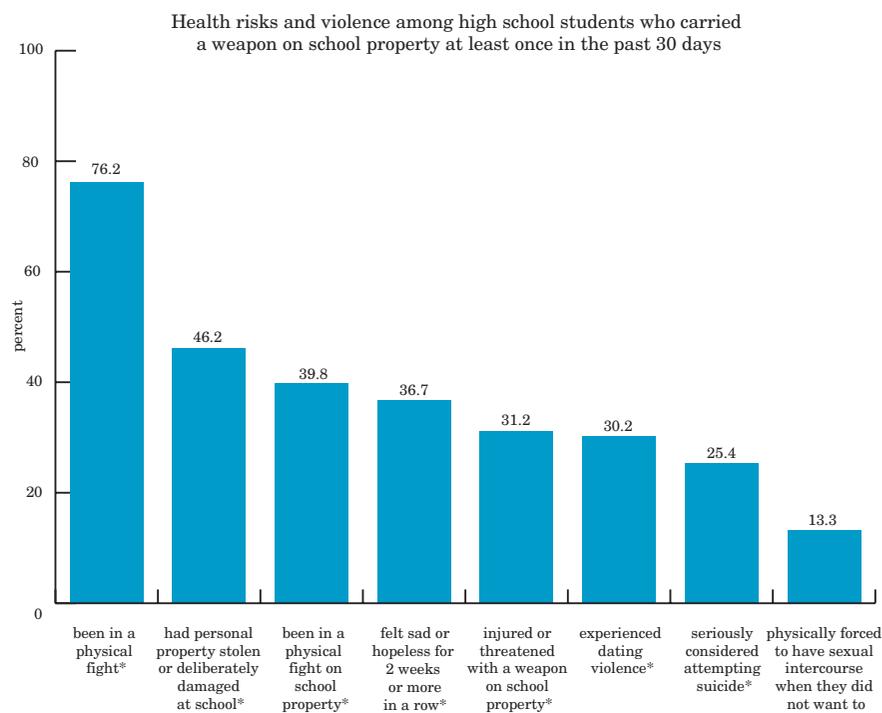
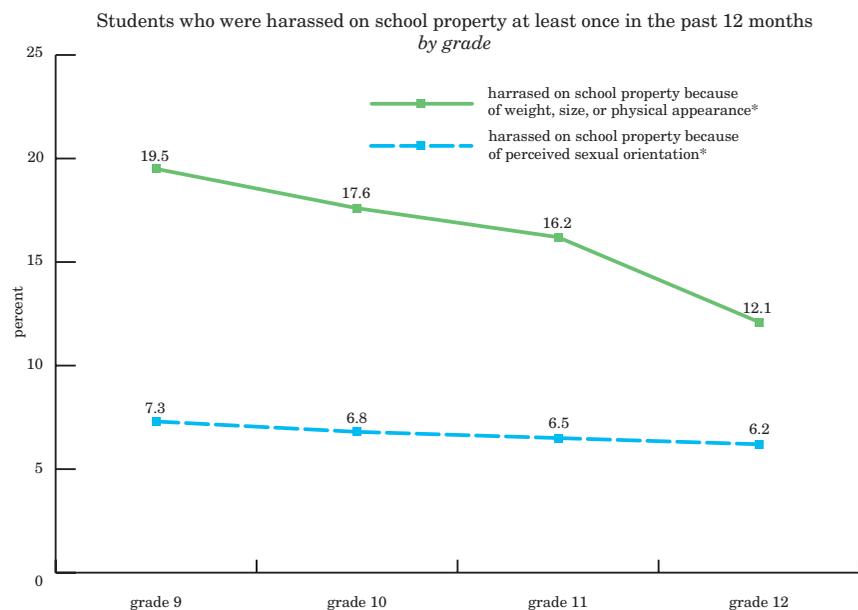
BEHAVIORS IN THE SCHOOL ENVIRONMENT THAT CONTRIBUTE TO UNINTENTIONAL INJURIES AND VIOLENCE (CONTINUED)

- The percentage of students who were harassed on school property at least once in the past year because of their weight, size, or physical appearance decreases by grade from 19.5% in grade 9 to 12.1% in grade 12
- The percentage of students who were harassed on school property in the past year because of their perceived sexual orientation decreases by grade from 7.3% in grade 9 to 6.2% in grade 12
- On at least 1 of the past 30 days, an estimated 29,900 high school students carried a weapon (17.2%) and 9,500 carried a weapon on school property (5.5%)—*data not shown on graphs*
- A *Healthy People 2010* objective is to reduce the percentage of students who carried a weapon on school property at least once in the past 30 days to no more than 4.9%
- Of the high school students who carried a weapon on school property at least once in the past 30 days,
 - 76.2% were in a physical fight in the past year (compared to 31.4% for students overall)[†]
 - 46.2% had personal property stolen or deliberately damaged at school in the past year (compared to 28.3% for students overall)
 - 39.8% were in a physical fight on school property in the past year (compared to 10.5% for students overall)
 - 36.7% felt so sad or hopeless nearly every day for at least two weeks or more in a row in the past year that they stopped doing some usual activities (compared to 22.8% for students overall)
 - 31.2% were injured or threatened with a weapon on school property in the past year (compared to 7.7% for students overall)
 - 30.2% experienced dating violence[‡] in the past year (compared to 13.4% for students overall)
 - 25.4% seriously considered committing suicide at least once in the past year (compared to 13.1% for students overall)
 - 13.3% were physically forced to have sexual intercourse at some point in their lives[§] (compared to 9.7% for students overall)

[†] none of overall student data shown on graphs

[‡] see page 16

[§] see page 17



*in the past 12 months

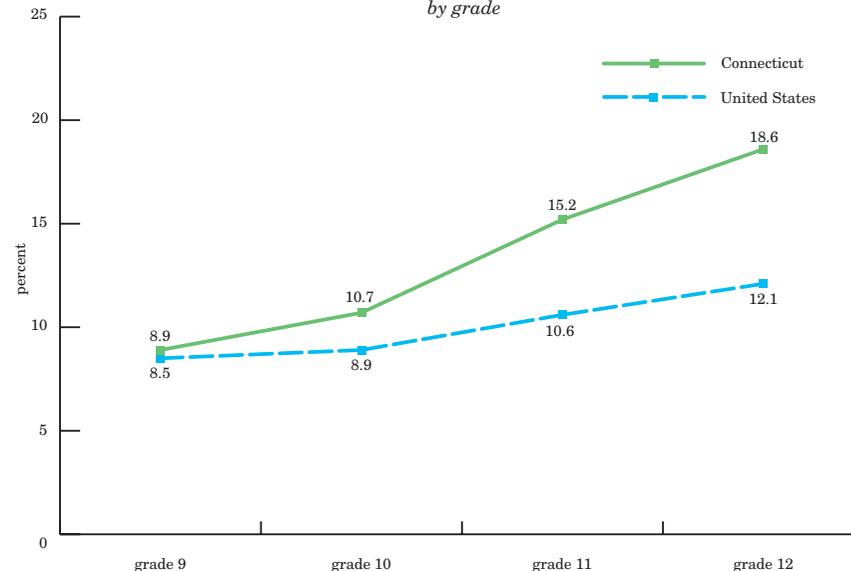


DATING VIOLENCE

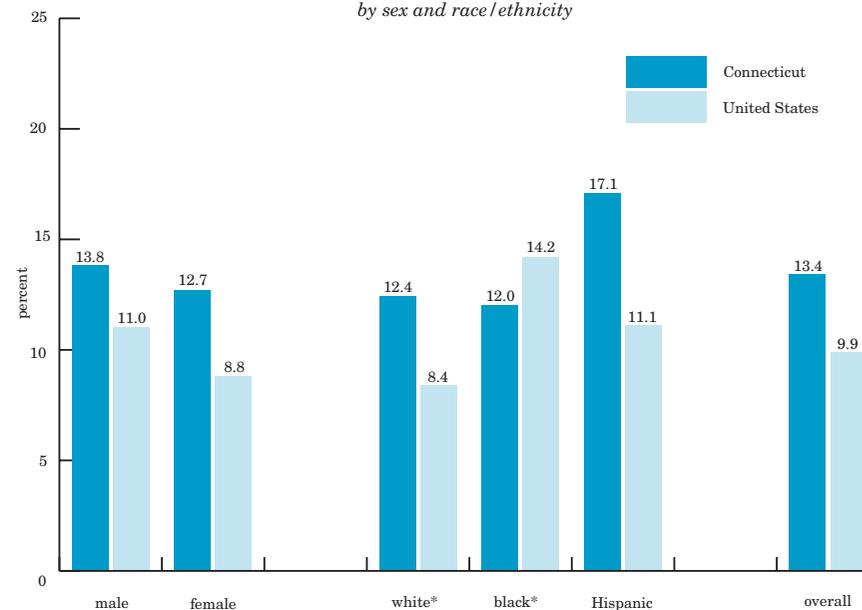
- Connecticut students in grades 9 through 12 are more likely than their national counterparts to have been purposely hit, slapped, or physically hurt by their boyfriend or girlfriend (dating violence) in the 12 months preceding the survey; the difference in grade 12 is statistically significant
- In Connecticut, Hispanic (17.1%) students are more likely than white (12.4%) and black (12%) students to have experienced dating violence in the past 12 months, although the differences are not statistically significant
- White high school students in Connecticut (12.4%) are significantly more likely than their US counterparts (8.4%) to have experienced dating violence in the past year
- High school students in Connecticut (13.4%) are significantly more likely than high school students nationally (9.9%) to have experienced dating violence in the past year
- About 25% of high school students who experienced dating violence in the past year have also been physically forced, at some point in their lives, to have sexual intercourse when they did not want to,[†] compared to 12% of students who did not experience dating violence. The difference is statistically significant—*data not shown on graphs*

[†] among students who have ever had sexual intercourse
[‡] see page 17

Connecticut and US students who were purposely hit, slapped, or physically hurt by their boyfriend or girlfriend in the past 12 months
by grade



Connecticut and US high school students who experienced dating violence in the past 12 months
by sex and race/ethnicity



*non-Hispanic



SEXUAL VIOLENCE

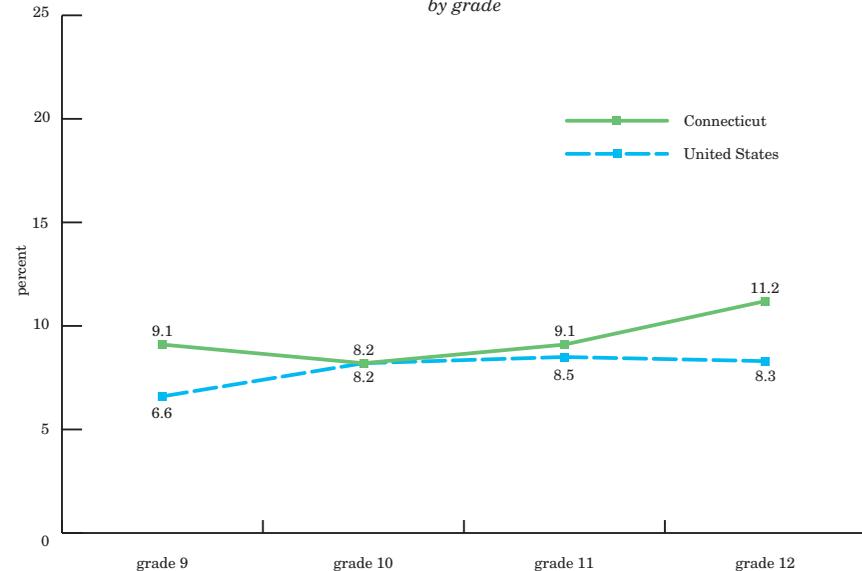
- Among Connecticut students, the percentage who have ever been forced to have sexual intercourse when they did not want to does not vary significantly by grade
- In grades 9, 11, and 12, Connecticut students are more likely than US students to have ever been forced to have sexual intercourse. None of the differences are statistically significant
- High school boys in Connecticut (7.9%) are significantly more likely than their US counterparts (4.5%) to report that they have ever been forced to have sexual intercourse when they did not want to—*data not shown on graphs*
- High school students who have been forced to have sexual intercourse are significantly more likely than those who have not been forced to do the following:
 - Currently use alcohol[†] (58.3% and 44.7%)
 - Currently smoke cigarettes[‡] (40.5% and 18.5%)
 - Currently use marijuana[§] (37% and 21.7%)
- One in three high school students who have been physically forced to have sexual intercourse has seriously considered attempting suicide at least once in the past year, compared to slightly more than one in ten students who have never been forced. The difference is statistically significant
- High school students who have been physically forced to have sexual intercourse (40.4%) are twice as likely as those who have not (20.8%) to have felt so sad or hopeless almost every day for two weeks or more in a row in the past year that they stopped doing some usual activities. The difference is statistically significant
- High school students who have been physically forced to have sexual intercourse (26.3%) are over three times as likely as those who have not (7.6%) to have attempted suicide at least once in the past year. The difference is statistically significant
- Among current cigarette smokers in high school, 19% have been physically forced to have sexual intercourse, compared to 7.3% of non-smokers. The difference is statistically significant—*data not shown on graphs*
- Among current alcohol users in high school, 11.7% have been physically forced to have sexual intercourse, compared to 7.1% of those who do not drink alcohol. The difference is statistically significant—*data not shown on graphs*
- Among current marijuana users in high school, 14.8% have been physically forced to have sexual intercourse, compared to 7.5% of those who do not use marijuana. The difference is statistically significant—*data not shown on graphs*

[†] see page 18

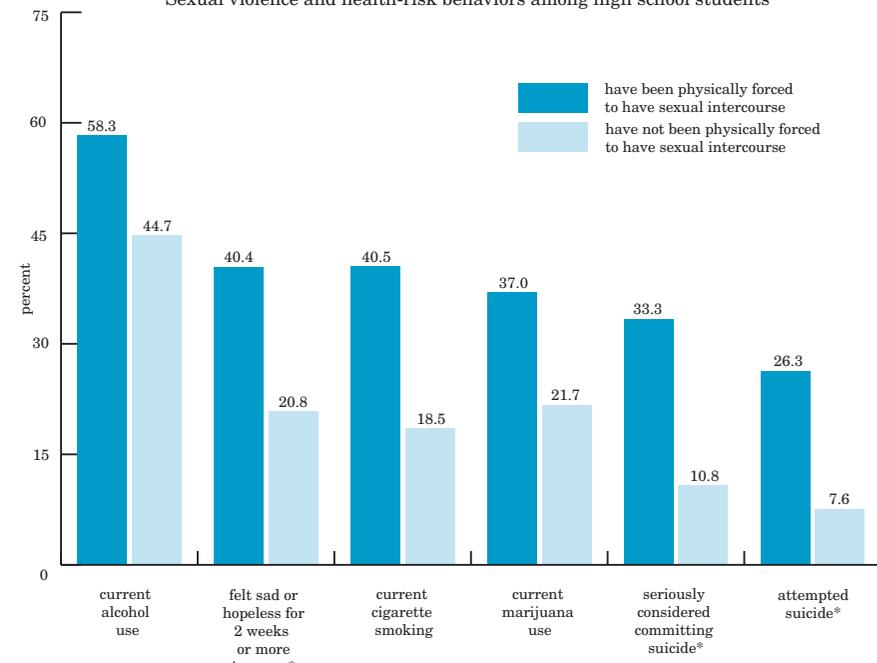
[‡] see page 25

[§] see page 23

Connecticut and US students who have ever been physically forced to have sexual intercourse when they did not want to
by grade



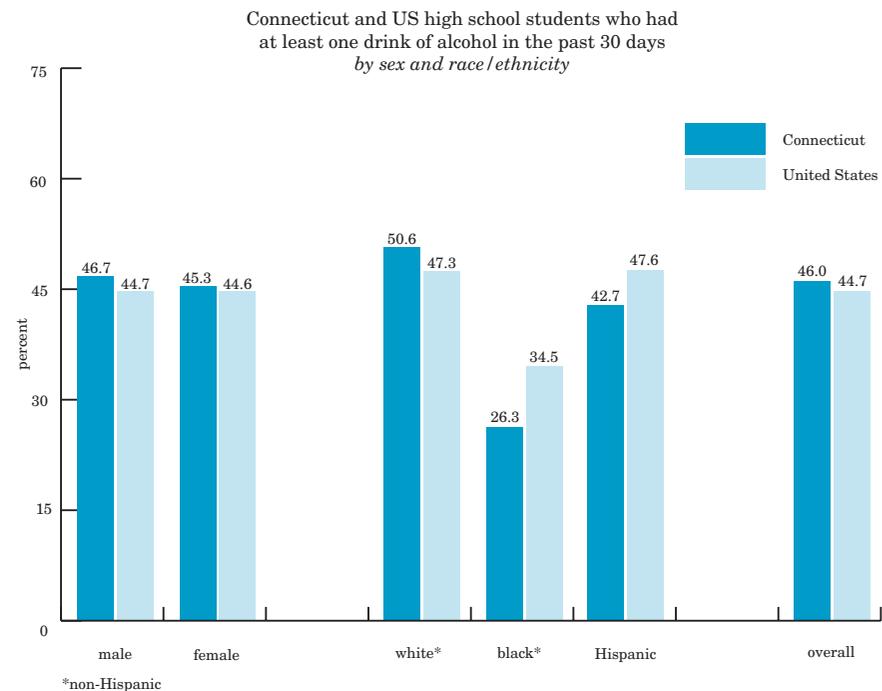
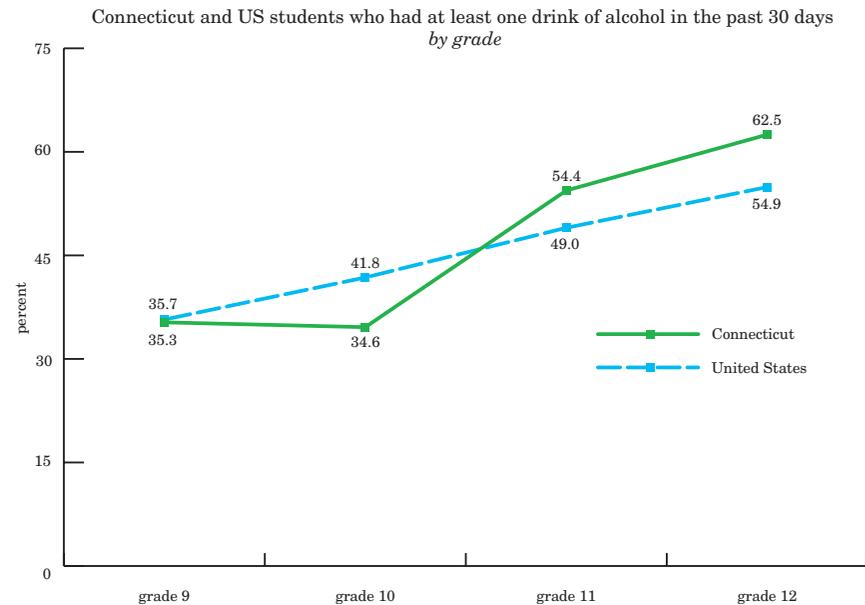
Sexual violence and health-risk behaviors among high school students



**Alcohol
and
Other Drug Use**

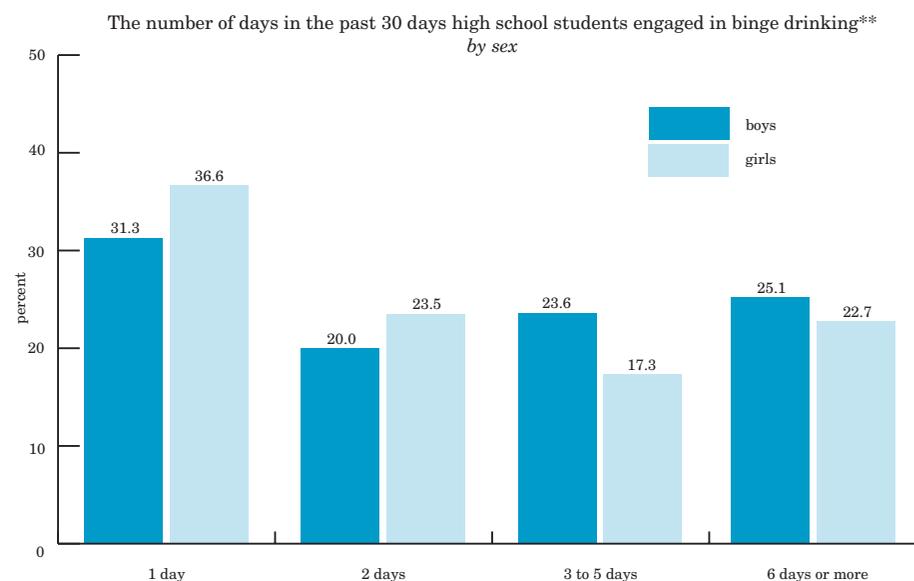
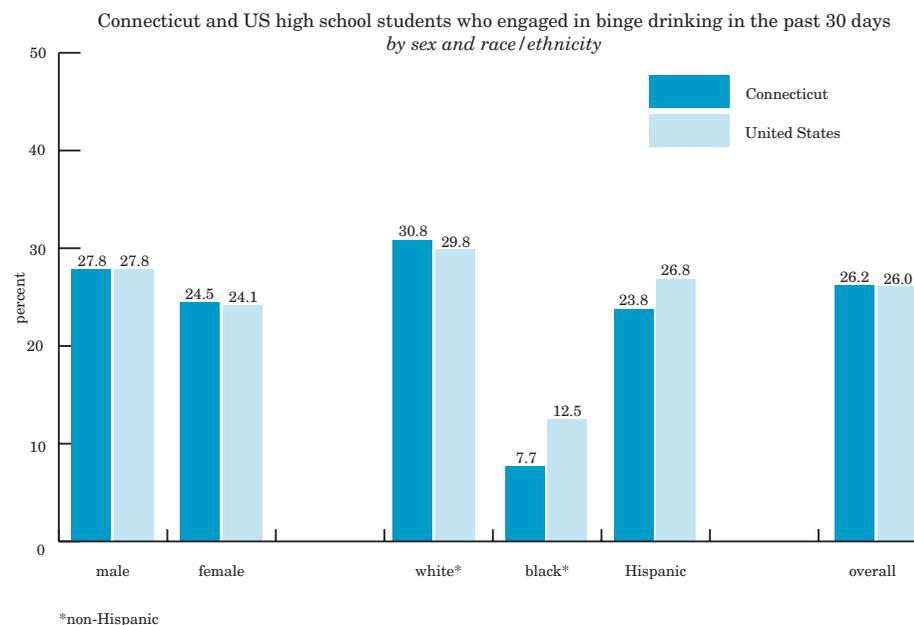
CURRENT ALCOHOL USE

- The percentage of Connecticut students who had at least one drink of alcohol on 1 or more of the past 30 days (current alcohol use) is significantly higher in grades 11 (54.4%) and 12 (62.5%) than it is in grades 9 (35.3%) and 10 (34.6%)
- In Connecticut, black (26.3%) high school students are less likely than white (50.6%) and Hispanic (42.7%) students to be current alcohol users
- An estimated 77,800 high school students in Connecticut or 46% currently use alcohol; the rate is higher than that for high school students nationally (44.7%), but the difference is not statistically significant
- Of the Connecticut high school students who currently drink alcohol, in the 30 days prior to the survey (*data not shown on graphs*),
 - 44.4% drank on 1 or 2 days
 - 23.5% drank on 3 to 5 days
 - 16.3% drank on 6 to 9 days
 - 10.5% drank on 10 to 19 days
 - 5.3% drank on 20 or more days



BINGE DRINKING

- About 45,000 high school students in Connecticut (26.2%) consumed five or more alcoholic drinks in a row within a couple of hours (binge drinking) at least once during the past 30 days
- Black high school students in Connecticut (7.7%) are 38% less likely than black high school students nationally (12.5%) to have engaged in binge drinking in the past 30 days
- In Connecticut, white (30.8%) high school students are four times more likely than their black (7.7%) classmates to binge drink, and the difference is statistically significant
- The percentage of Connecticut students who engaged in binge drinking in the past 30 days more than triples between grades 9 (13.4%) and 12 (42%); the increase is statistically significant—*data not shown on graphs*
- In high school in Connecticut, Hispanic (23.8%) students are three times more likely than black (7.7%) students to binge drink, and the difference is statistically significant
- Of the 26.2% of high school students who binge drink,
 - 51.3% of the boys and 60.1% of the girls binge drank on 1 or 2 days of the past 30 days
 - 23.6% of the boys and 17.3% of the girls binge drank on 3 to 5 days of the past 30 days
 - 25.1% of the boys and 22.7% of the girls binge drank on 6 or more days of the past 30 days



**among the 26.2% of Connecticut high school students who engaged in binge drinking in the past 30 days



ALCOHOL USE AND CIGARETTE SMOKING

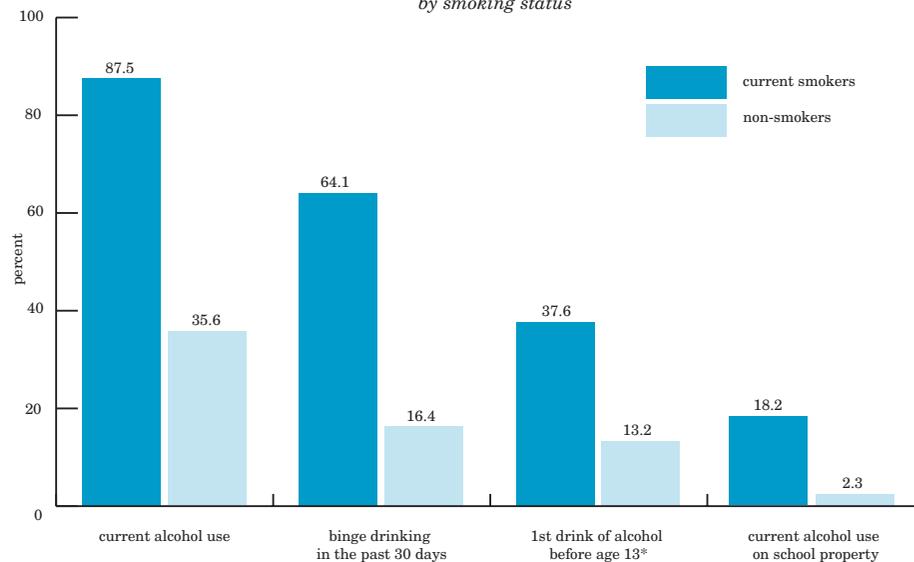
- In high school, students who smoked cigarettes on 1 or more of the past 30 days (current cigarette smoking)[†] are more than twice as likely as non-smokers to currently drink alcohol; four times more likely to binge drink; three times more likely to have had their first drink of alcohol before age 13[‡]; and eight times more likely to have had at least one drink of alcohol on school property on 1 or more of the past 30 days.[§] All of these differences are statistically significant
- Among high school students who currently drink alcohol, 37.9% currently smoke cigarettes, while among those who do not currently drink, 4.6% currently smoke; the difference is statistically significant—*data not shown on graphs*
- Among high school students who binge drink, 50% currently smoke cigarettes, while among those who do not binge drink, 10% currently smoke; the difference is statistically significant—*data not shown on graphs*
- Of the 46% of high school students who currently drink alcohol, those who also smoke cigarettes (29.7%) are four times more likely than non-smokers (6.9%) to have had a drink of alcohol on 10 or more of the past 30 days. The difference is statistically significant

[†] see page 25

[‡] see page 22

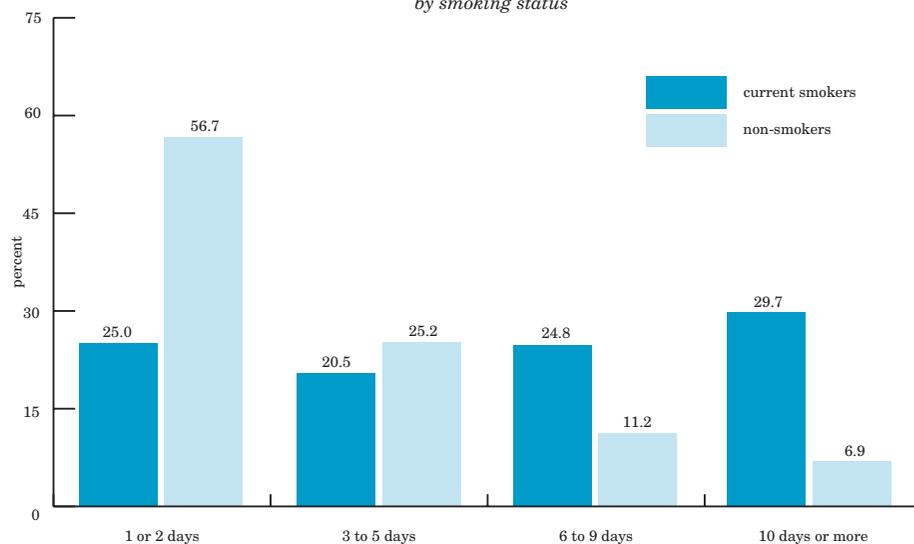
[§] see page 29

Alcohol use behaviors among high school students
by smoking status



*other than a few sips

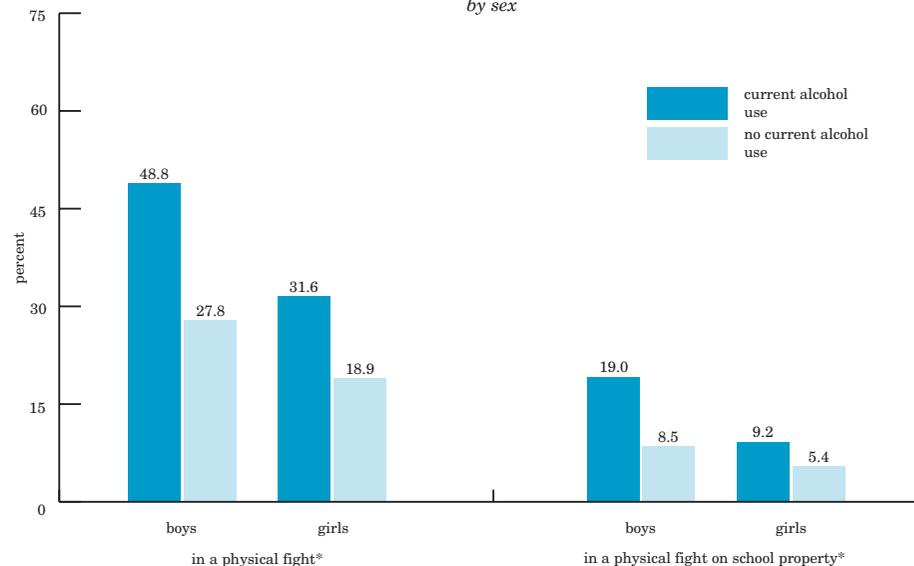
The number of days in the past 30 days high school current alcohol users drank alcohol
by smoking status



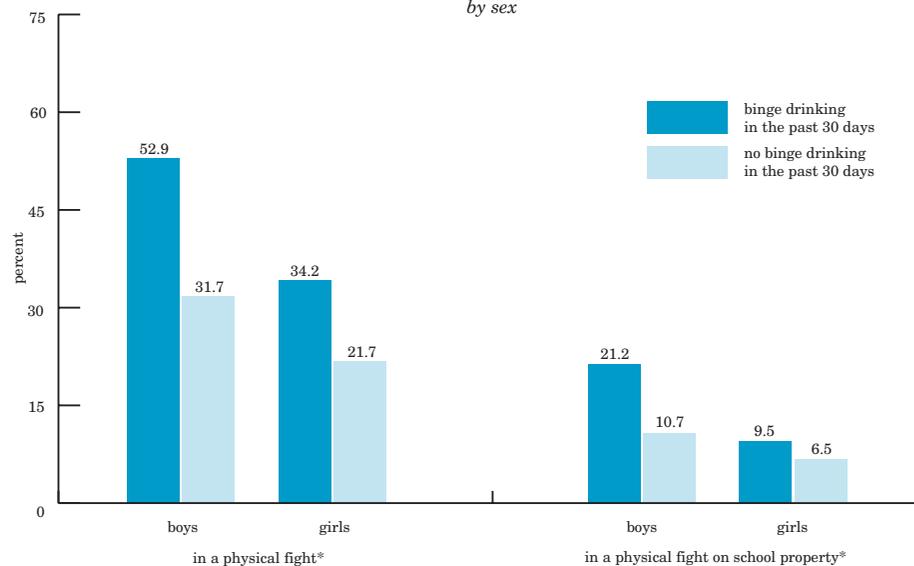
ALCOHOL USE AND PHYSICAL FIGHTING

- In high school, boys who do not currently drink alcohol (27.8%) are approximately 40% less likely than their counterparts who are current drinkers (48.8%) to have been in a physical fight at least once in the past year; the same is true for girls (18.9% and 31.6%). Both differences are statistically significant
- In high school, boys who currently use alcohol (19%) are significantly more likely than boys who do not currently use alcohol (8.5%) to have been in a physical fight on school property one or more times in the past year
- More than one-half of high school boys who are binge drinkers (52.9%) have been in a physical fight at least once in the past year; this is significantly more than among high school boys who do not binge drink (31.7%)
- High school girls who binge drink (34.2%) are 58% more likely than high school girls who do not binge drink (21.7%) to have been in a physical fight one or more times in the past year; the difference is statistically significant
- Boys in high school who binge drink (21.2%) are significantly more likely than their peers who do not drink (10.7%) to have been in a fight on school property at least once in the past year

Current alcohol use and physical fighting among high school students
by sex



Binge drinking and physical fighting among high school students
by sex



*in the past 12 months

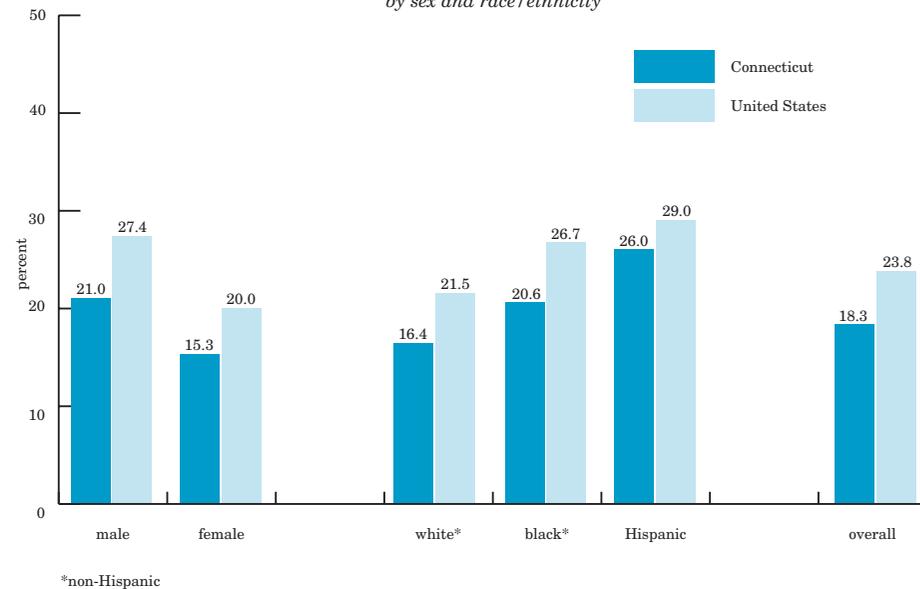


AGE OF INITIATION OF ALCOHOL USE†

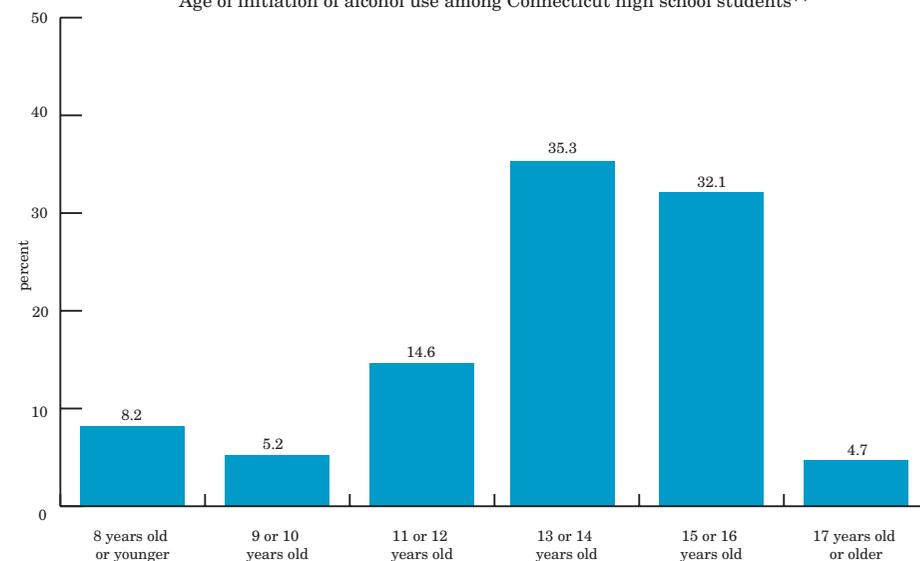
- Approximately 31,800 high school students in Connecticut or 18.3% had their first drink of alcohol before age 13; this rate is significantly lower than the rate for high school students nationally (23.8%)
- In Connecticut, high school boys (21%) are more likely than high school girls (15.3%) to have had their first drink before age 13
- Among high school students, girls in Connecticut (15.3%) are less likely than girls nationally (20%) to have had their first drink before age 13
- White (16.4%), black (20.6%), and Hispanic (26%) Connecticut high school students are less likely than their national counterparts (21.5%, 26.7%, and 29%, respectively) to have had their first drink of alcohol before age 13
- Among students who ever drank alcohol and had their first drink before age 13, 43.2% are current cigarette smokers,‡ while among those who have never had a drink of alcohol, 4.3% smoke. The difference is statistically significant—*data not shown on graphs*
- Of the high school students who have ever had a drink of alcohol, 67.4% first drank between the ages of 13 and 16
- Of the high school students who are 17 years old or older and have ever had a drink of alcohol, 53.3% were 15 years old or older when they first drank—*data not shown on graphs*

† other than a few sips
‡ see page 25

Connecticut and US high school students who had their first drink of alcohol other than a few sips before age 13
by sex and race/ethnicity



Age of initiation of alcohol use among Connecticut high school students**



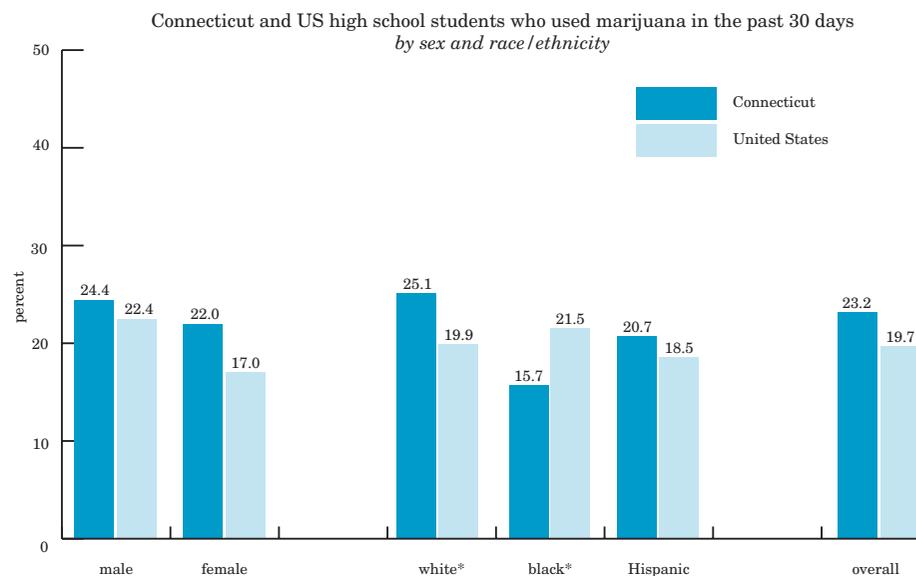
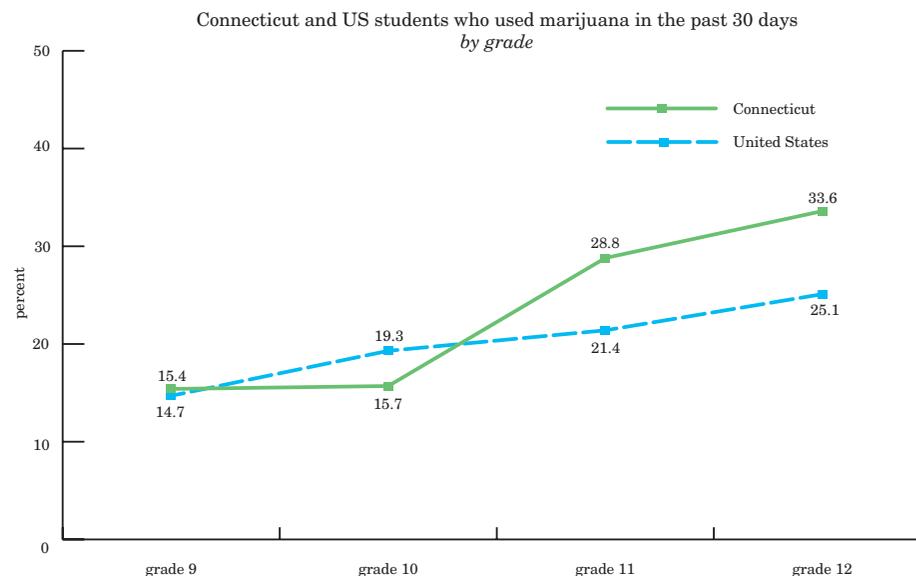
**among the 65.6% of Connecticut high school students who have ever had a drink of alcohol other than a few sips



MARIJUANA USE

- The percentage of Connecticut students who used marijuana on at least 1 of the 30 days prior to the survey (current marijuana use) is significantly higher in grades 11 (28.8%) and 12 (33.6%) than it is in grades 9 (15.4%) and 10 (15.7%)
- Connecticut students in grades 9 (15.4%), 11 (28.8%), and 12 (33.6%) are more likely than their US peers to currently use marijuana (14.7%, 21.4%, and 25.1%, respectively). None of the differences are statistically significant
- An estimated 39,400 high school students in Connecticut (23.2%) are current marijuana users; this rate is higher than the rate for high school students nationally (19.7%)
- Current marijuana use rates for boys and girls in high school in Connecticut are higher than those for their national counterparts, as are the rates for white and Hispanic students, but none of the differences are statistically significant
- The rate of current marijuana use among black high school students in Connecticut (15.7%) is lower than the rate for US black high school students (21.5%), although the difference is not statistically significant
- Of the 38.6% of high school students in Connecticut who have ever used marijuana, about 28% have used it 100 or more times during their life—*data not shown on graphs*
- In Connecticut, about 66% of current cigarette smokers[†] in high school are also current marijuana users, compared to 12% of non-smokers. The difference is statistically significant—*data not shown on graphs*

[†] see page 25



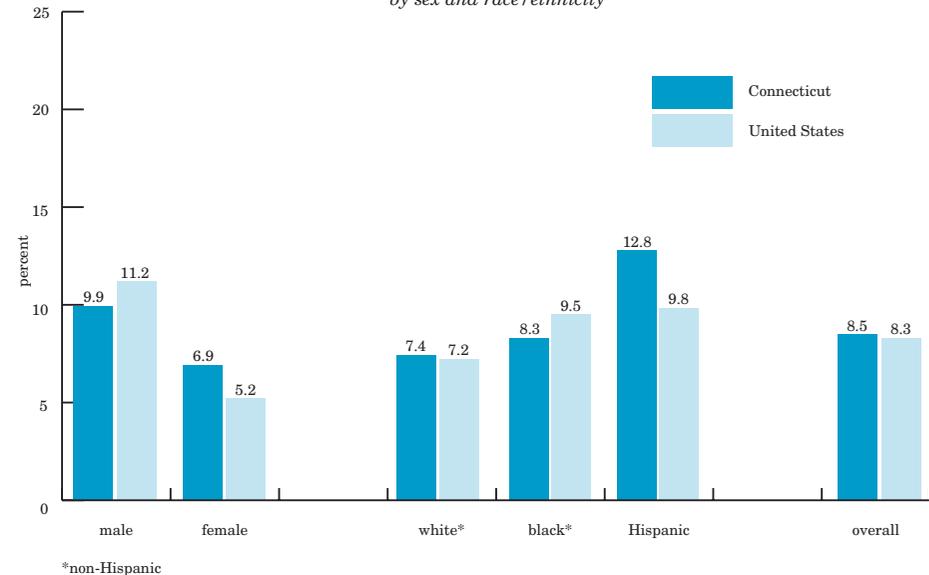
*non-Hispanic



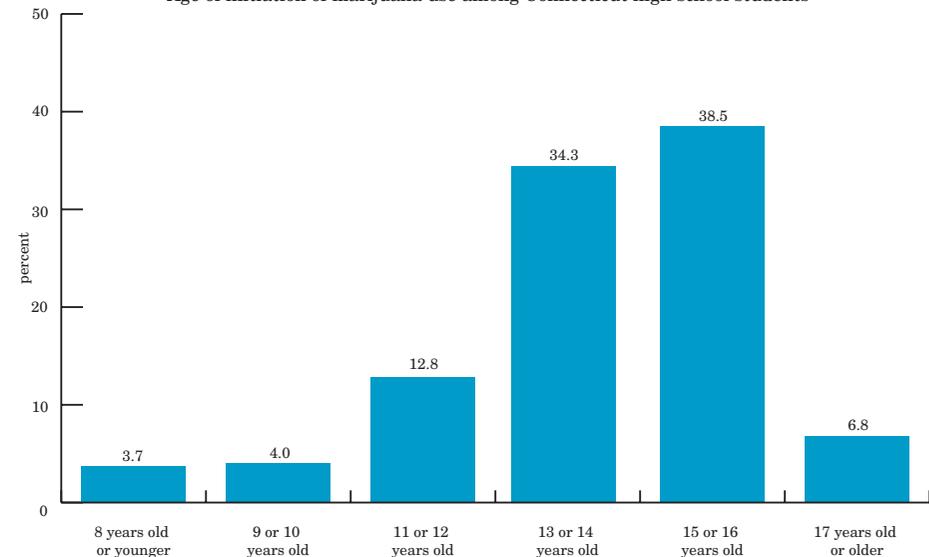
AGE OF INITIATION OF MARIJUANA USE

- Approximately 14,500 high school students in Connecticut (8.5%) tried marijuana before age 13
- Connecticut high school boys (9.9%) are more likely than Connecticut high school girls (6.9%) to have tried marijuana before age 13
- Connecticut high school girls (6.9%) are more likely than US girls (5.2%) to have tried marijuana before age 13, while Connecticut high school boys (9.9%) are less likely than US boys (11.2%) to have used it before age 13
- Hispanic high school students in Connecticut (12.8%) are 31% more likely than their national counterparts (9.8%) to have tried marijuana before age 13
- Of the 38.6% of Connecticut high school students who have tried marijuana, 71.7% first tried it between the ages of 13 and 16
- Of the 55.3% of Connecticut high school students who are 17 years old or older and have tried marijuana, about 65% were 15 years old or older when they first tried it—*data not shown on graphs*
- Of the Connecticut high school students who have tried marijuana, 22.5% of the boys, 18% of the girls, 17.6% of the white students, 20.8% of the black students, and 33.6% of the Hispanic students tried marijuana before age 13—*data not shown on graphs*

Connecticut and US high school students who tried marijuana before age 13
by sex and race/ethnicity



Age of initiation of marijuana use among Connecticut high school students**



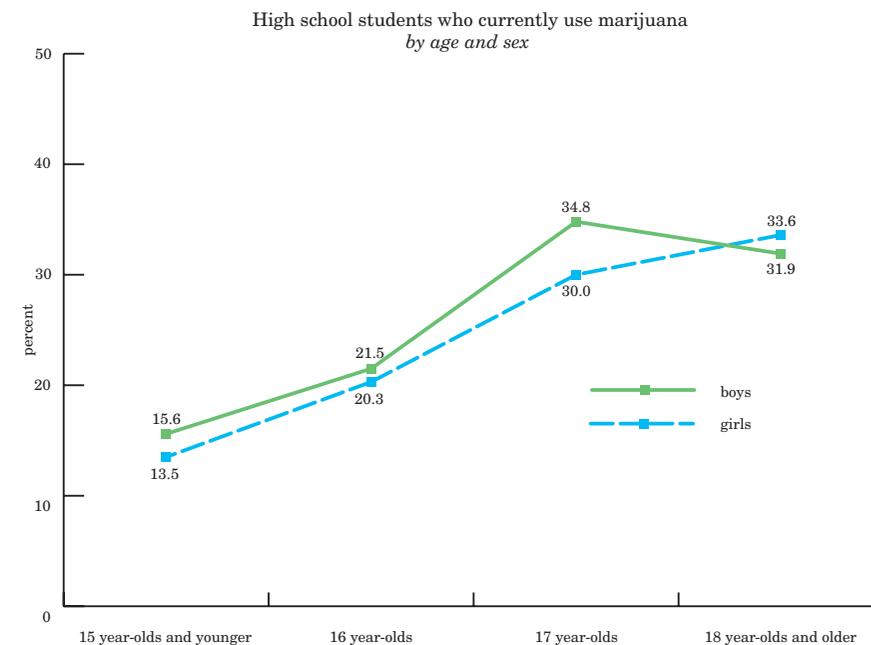
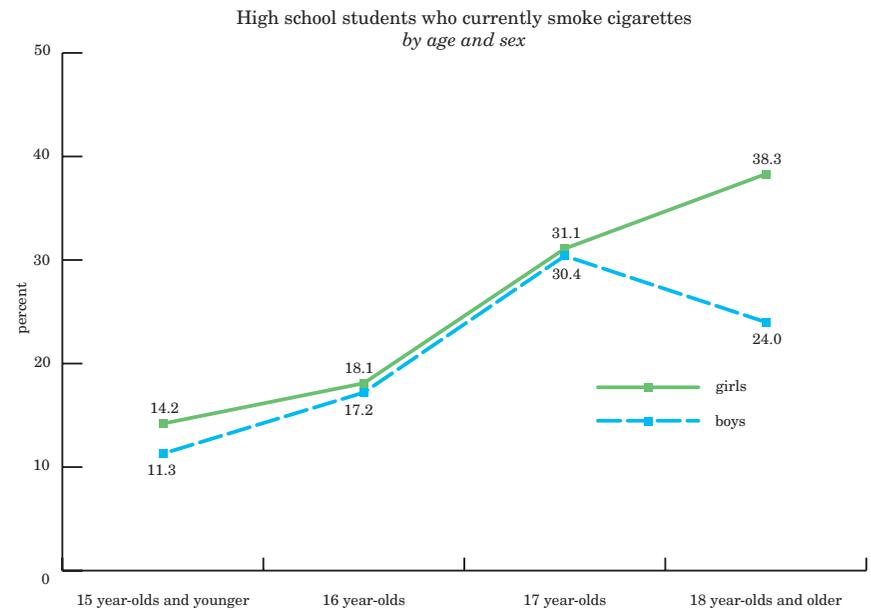
**among the 38.6% of Connecticut high school students who have tried marijuana



CURRENT CIGARETTE AND MARIJUANA USE

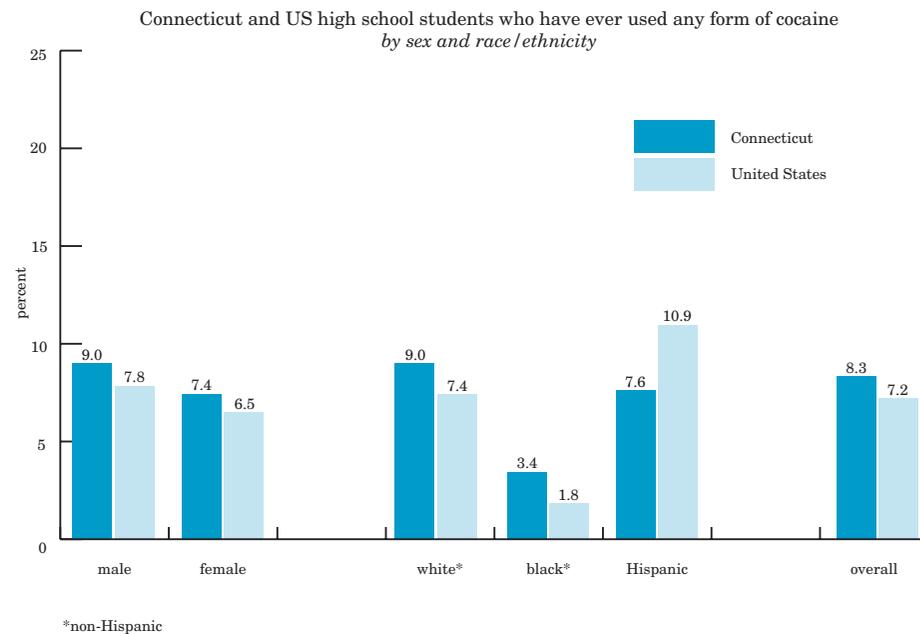
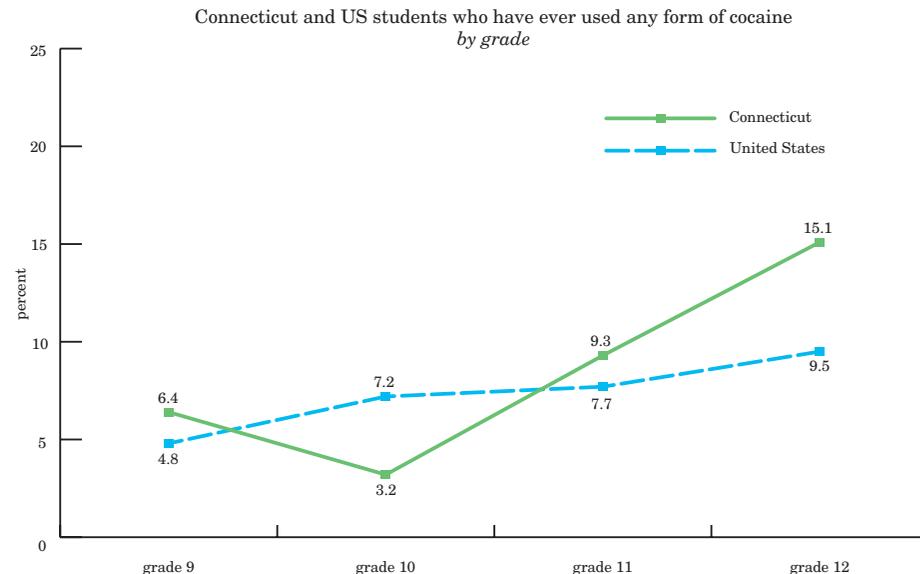
- The current cigarette smoking[†] rate among high school girls who are 15 years old and younger is 14.2%; by the time they reach the age of 18, the rate nearly triples to 38.3%. The increase is statistically significant
- Among high school boys who are 15 years old and younger, the rate of cigarette smoking is 11.3%; by the time they reach the age of 18, the rate doubles to 24%. The increase is statistically significant
- While the rate of cigarette smoking among high school girls increases steadily as they get older, among high school boys, the rate increases up until the age of 17 and then drops by more than 20% when they reach 18 years old
- The rate of current marijuana use among high school boys more than doubles from 15.6% among boys who are 15 years old and younger to 34.8% among 17 year olds. The increase is statistically significant
- Among high school boys, marijuana use decreases slightly between the ages of 17 (34.8%) and 18 (31.9%)
- Among high school girls, the rate of marijuana use increases steadily and significantly from 13.5% among those who are 15 years old and younger to 33.6% among girls who are 18 and older

[†] smoked on at least 1 of the 30 days prior to the survey



COCAINE USE

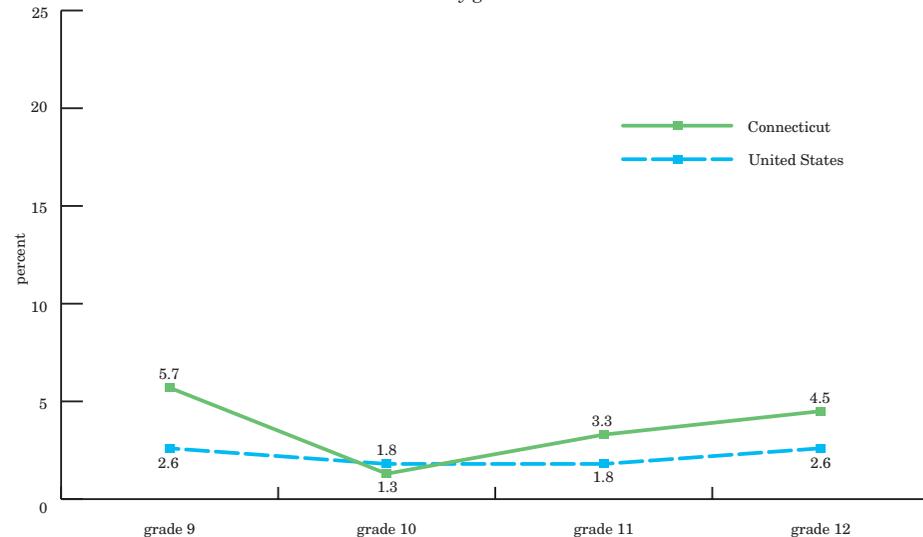
- The percentage of Connecticut students who have used some form of cocaine at least once in their lives (lifetime cocaine use) is significantly lower in grade 10 (3.2%) than it is in grades 11 (9.3%) and 12 (15.1%)
- Tenth grade students in Connecticut (3.2%) are significantly less likely than their US peers (7.2%) to have ever used cocaine
- An estimated 14,300 high school students in Connecticut (8.3%) have used some form of cocaine at least once in their lives; their rate of lifetime cocaine use is higher than the rate for high school students nationally (7.2%)
- In Connecticut, black (3.4%) high school students are less likely than white (9%) and Hispanic (7.6%) students to have ever used cocaine
- Black high school students in Connecticut (3.4%) are nearly twice as likely as their national counterparts (1.8%) to have ever used cocaine, although the difference is not statistically significant
- Hispanic high school students in Connecticut (7.6%) are less likely than their national counterparts (10.9%) to have ever used cocaine
- About 7,600 high school students in Connecticut (4.4%) used some form of cocaine one or more times in the past 30 days; their rate of current cocaine use is higher than, but statistically similar, to the US rate (3.3%)—*data not shown on graphs*



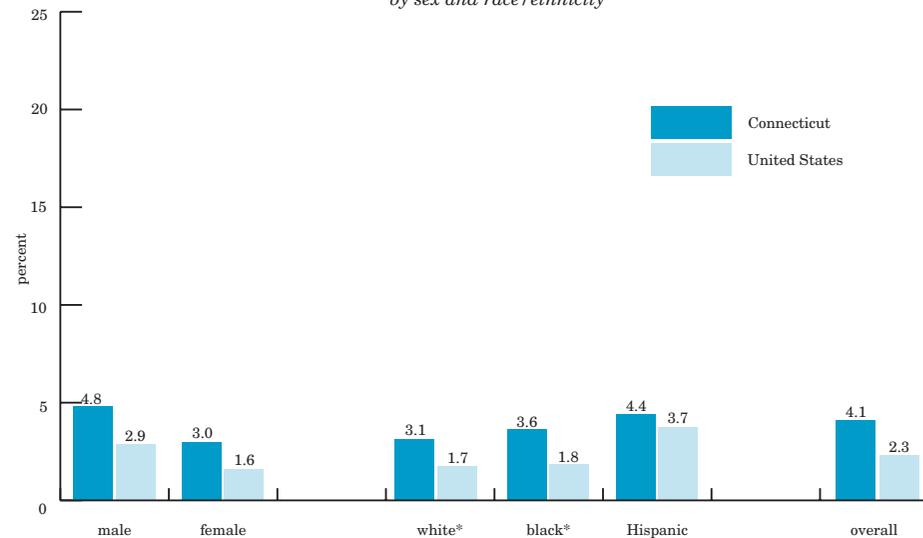
LIFETIME HEROIN USE

- In Connecticut, ninth grade students are significantly more likely than tenth grade students to have used heroin at least once in their lives (lifetime use)
- Connecticut students in ninth grade (5.7%) are significantly more likely than their US counterparts (2.6%) to have ever used heroin
- An estimated 7,100 Connecticut high school students (4.1%) have used heroin one or more times in their lives
- In high school, boys in Connecticut (4.8%) are 66% more likely than US boys (2.9%) to have ever used heroin, and Connecticut girls (3%) are 88% more likely than US girls (1.6%) to have ever used it
- Connecticut white (3.1%) and black (3.6%) high school students are about twice as likely as their US counterparts (1.7% and 1.8%, respectively) to have used heroin at least once in their lives
- For high school students, the lifetime heroin use rate in Connecticut (4.1%) is significantly higher than the national rate (2.3%)

Connecticut and US students who have ever used heroin
by grade



Connecticut and US high school students who have ever used heroin
by sex and race/ethnicity

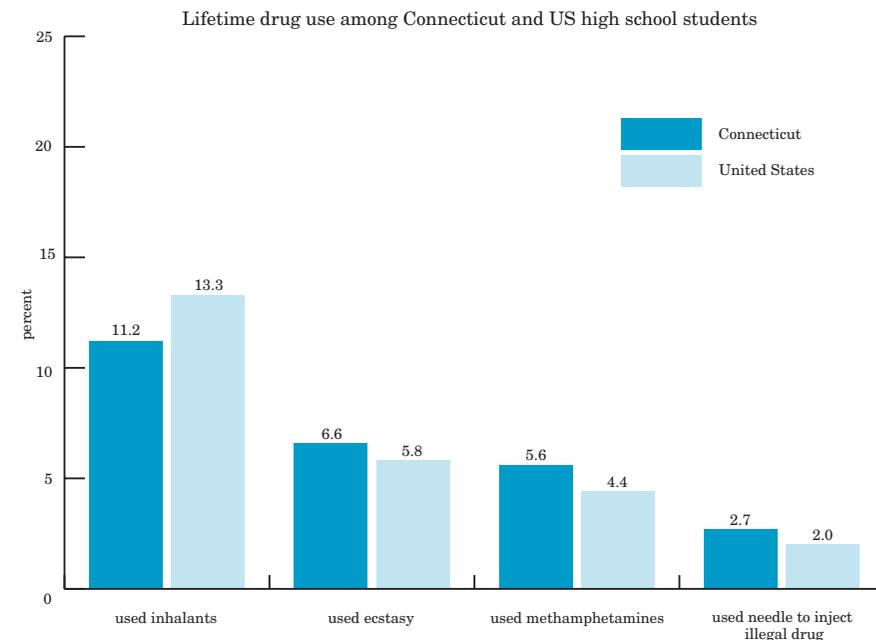
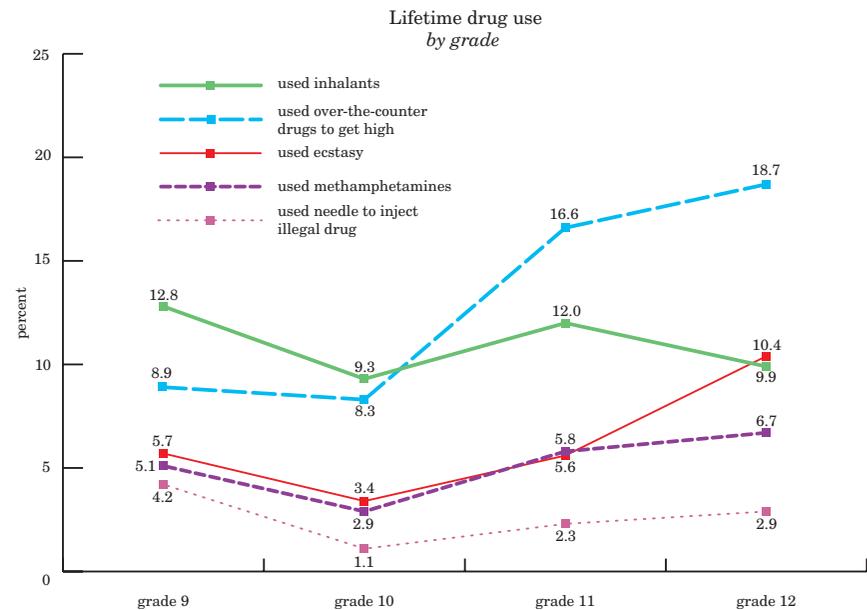


*non-Hispanic



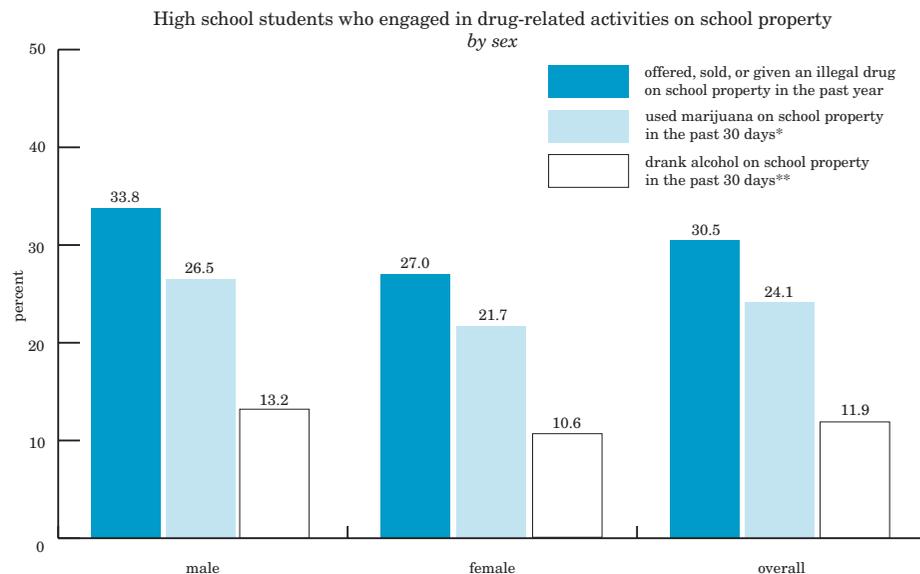
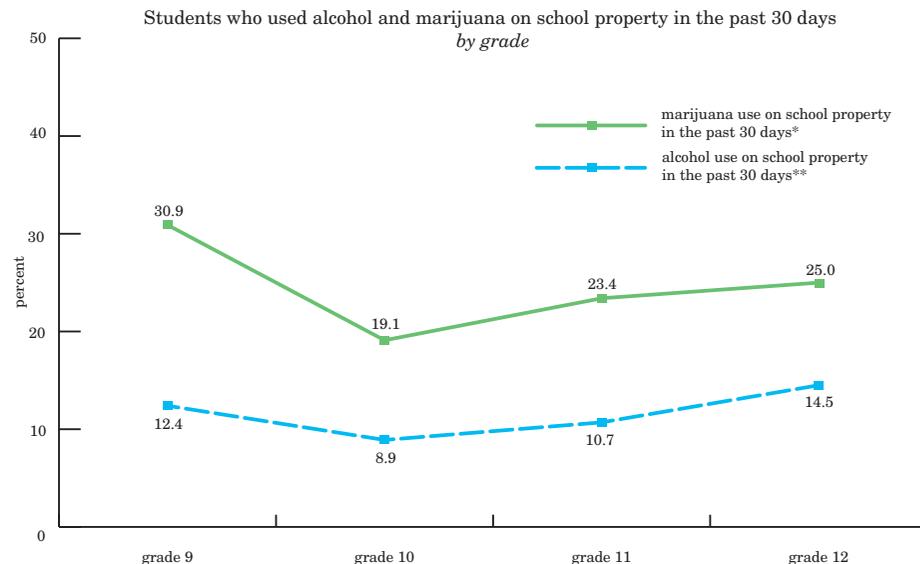
LIFETIME DRUG USE

- More than one in eight students in grade 9 (12.8%) have sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high at least once in their lives (lifetime use)
- Students in grade 10 are less likely than students in grades 9, 11, and 12 to have ever used inhalants, ecstasy, or methamphetamines. They are also less likely to have ever used a needle to inject an illegal drug or to have used over-the-counter (OTC) medication to get high
- The percentage of students who have ever used OTC medication to get high more than doubles from 8.9% in grade 9 and 8.3% in grade 10 to 18.7% in grade 12; the increase is statistically significant
- An estimated 22,200 Connecticut high school students have ever used over-the-counter medication to get high (12.9%, *data not shown on graphs*), 19,400 have ever used inhalants (11.2%), 11,500 have ever used ecstasy (6.6%), 9,700 have ever used methamphetamines (5.6%), and 4,700 have used a needle to inject an illegal drug (2.7%)
- US high school students (13.3%) are more likely than Connecticut high school students (11.2%) to have ever used inhalants
- In Connecticut, high school girls (4.5%) are about 30% less likely than high school boys (6.3%) to have ever used methamphetamines—*data not shown on graphs*



DRUG-RELATED HEALTH-RISK BEHAVIORS ON SCHOOL PROPERTY

- Among current marijuana users in high school, the percentage who used marijuana on school property in the past 30 days ranges from 19.1% in grade 10 to 30.9% in grade 9
- Among current alcohol users in high school, the percentage who drank on school property in the past 30 days ranges from 8.9% in grade 10 to 14.5% in grade 12
- An estimated 52,300 high school students (30.5%) were offered, sold, or given an illegal drug on school property in the past year
- In high school, nearly 55% of current marijuana users and about 78% of current cocaine users were offered, sold, or given an illegal drug on school property in the past year—*data not shown on graphs*
- In high school, among current marijuana users, boys (26.5%) are more likely than girls (21.7%) to have used marijuana on school property at least one time in the past 30 days
- Of the students who report using marijuana on school property in the past 30 days, approximately 85% were offered, sold, or given an illegal drug at school in the past year—*data not shown on graphs*
- In the 30 days preceding the survey,
 - Of the 39,400 high school students who currently use marijuana, 9,500 used it on school property at least once (24.1%)
 - Of the 77,800 high school students who currently use alcohol, 9,300 drank on school property at least once (11.9%)



*among the 23.2% of high school students who currently use marijuana

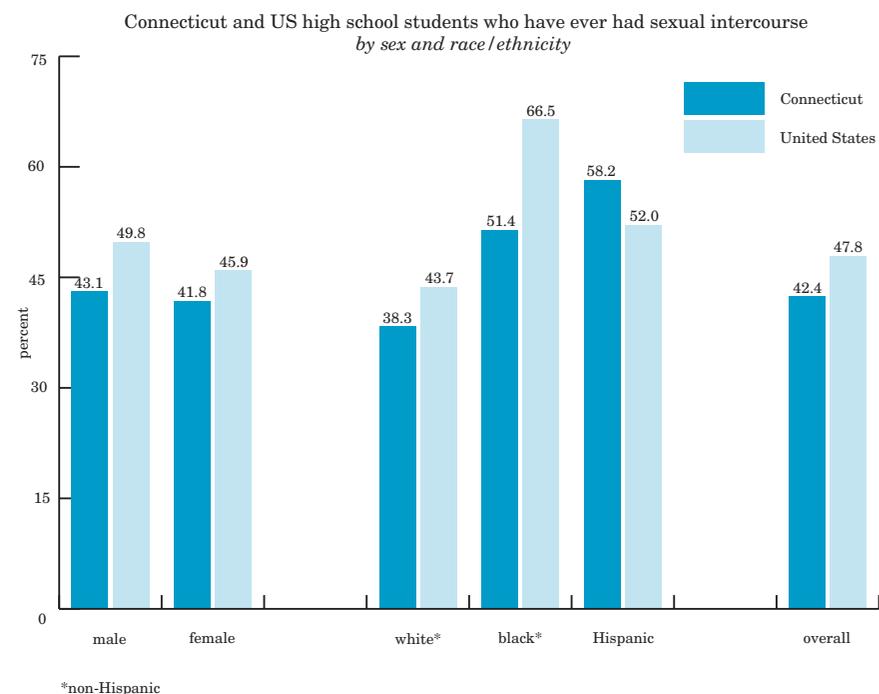
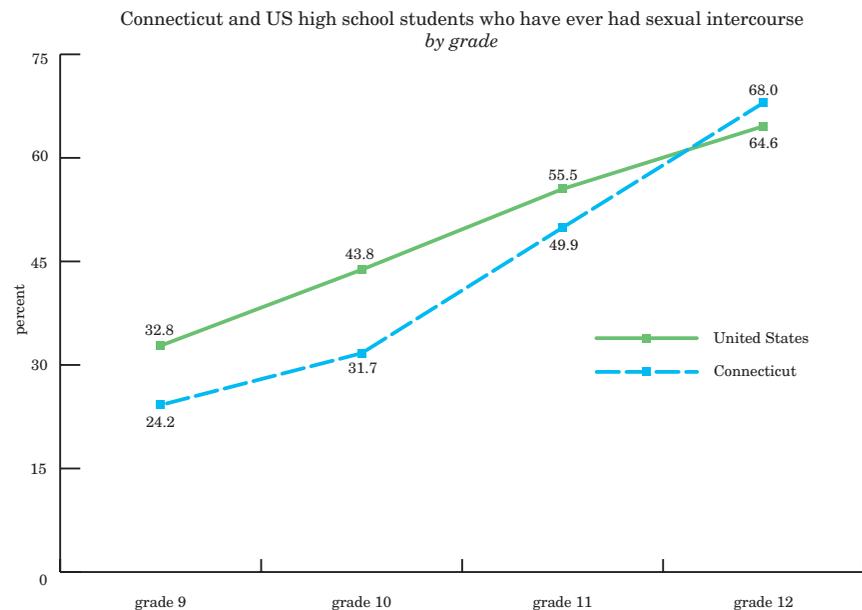
**among the 46% of high school students who currently drink alcohol



Sexual Behaviors

LIFETIME SEXUAL ACTIVITY

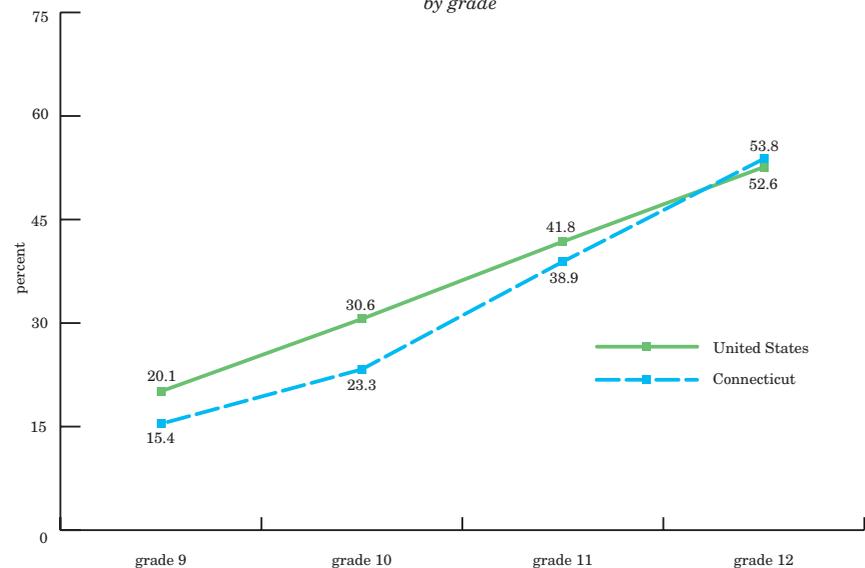
- An estimated 65,400 high school students in Connecticut (42.4%) have had sexual intercourse at least once in their lives (ever sex)
- In Connecticut, the percentage of students who have ever had sexual intercourse increases significantly from 24.2% in grade 9 to 68% in grade 12
- In grade 10, students in Connecticut (31.7%) are significantly less likely than students nationally (43.8%) to have ever had sexual intercourse
- In high school, boys (43.1%) and girls (41.8%) in Connecticut are less likely than their US counterparts (49.8% and 45.9%, respectively) to have ever had sexual intercourse
- US black high school students (66.5%) are significantly more likely than black high school students in Connecticut (51.4%) to have ever had sexual intercourse



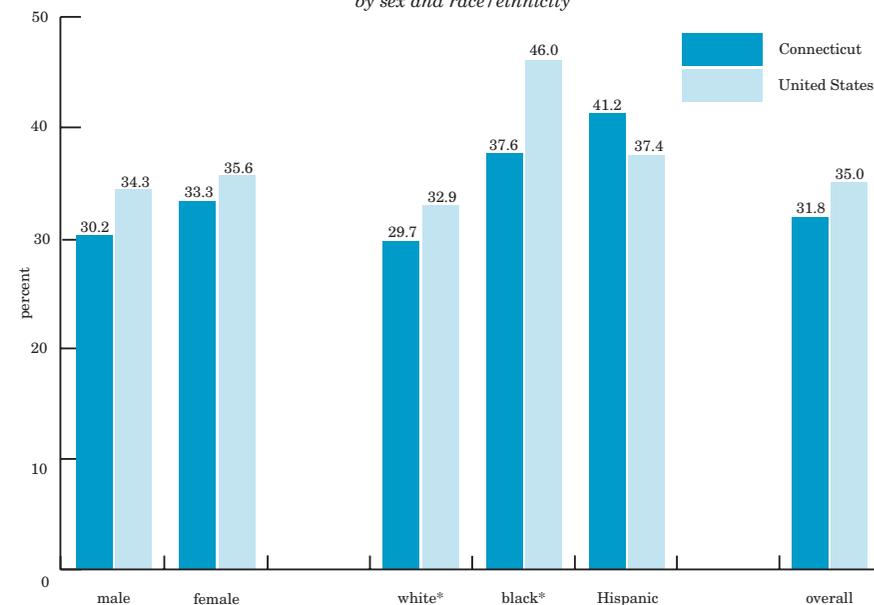
CURRENT SEXUAL ACTIVITY

- An estimated 48,800 high school students in Connecticut (31.8%) had sexual intercourse with one or more people during the past three months (currently sexually active)
- Current sexual activity among students in Connecticut more than triples between grade 9 (15.4%) and grade 12 (53.8%); the increase is statistically significant
- Of the high school students who are currently sexually active (*data not shown on graphs*),
 - 32.8% have had sexual intercourse with 1 person during their lives
 - 33% have had sexual intercourse with 2 or 3 people during their lives
 - 12.7% have had sexual intercourse with 4 or 5 people during their lives
 - 21.5% have had sexual intercourse with 6 or more people during their lives
- Among students who are currently sexually active, about 27% of the boys and 17% of the girls have had sexual intercourse with six or more people during their lives—*data not shown on graphs*
- In high school, Connecticut boys, girls, white students, black students, and students overall are less likely than their national counterparts to be currently sexually active, but none of the differences are statistically significant
- High school Hispanic students in Connecticut (41.2%) are more likely than US high school Hispanic students (37.4%) to be currently sexually active, although the difference is not statistically significant

Connecticut and US high school students who had sexual intercourse with one or more person in the past three months
by grade



Connecticut and US high school students who had sexual intercourse with one or more person in the past three months
by sex and race/ethnicity

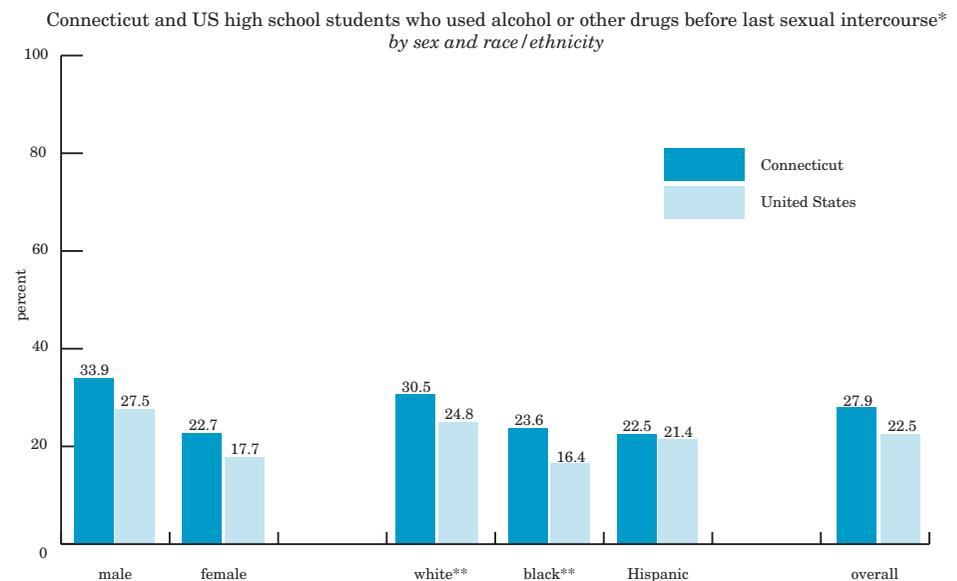
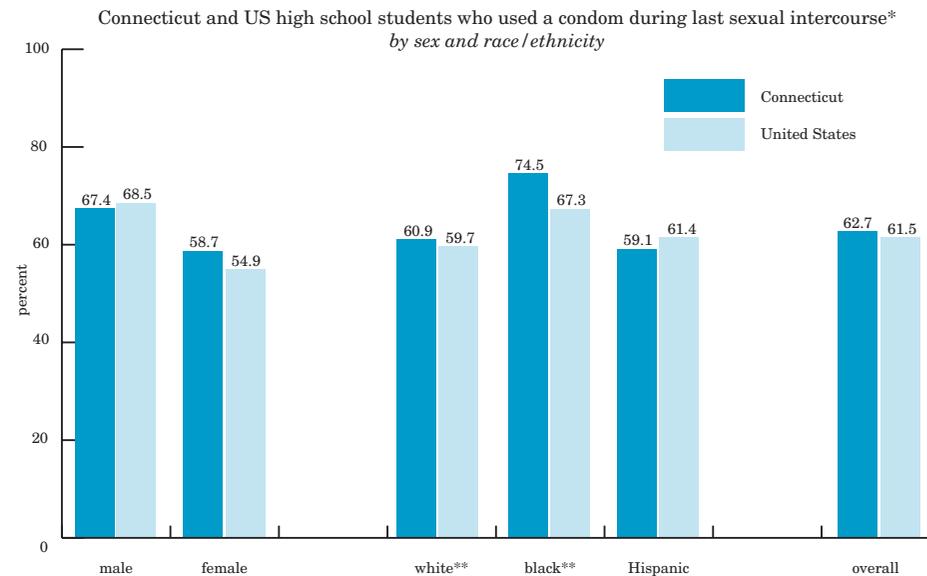


*non-Hispanic



CURRENT SEXUAL ACTIVITY, (CONTINUED)

- Black high school students in Connecticut (74.5%) are more likely than their white (60.9%) and Hispanic (59.1%) counterparts to have used a condom during their last sexual intercourse
- Among high school students who are currently sexually active, 23.7% have had a test for HIV—*data not shown on graphs*
- Among Connecticut and US high school students who are currently sexually active, condom use rates during their last sexual intercourse are statistically similar
- In Connecticut, more than one-third of high school boys (33.9%) and nearly one-quarter of high school girls (22.7%) who are currently sexually active used alcohol or drugs before their last sexual intercourse
- Connecticut and US high school students who are currently sexually active have statistically similar rates of alcohol and drug use before their last sexual intercourse



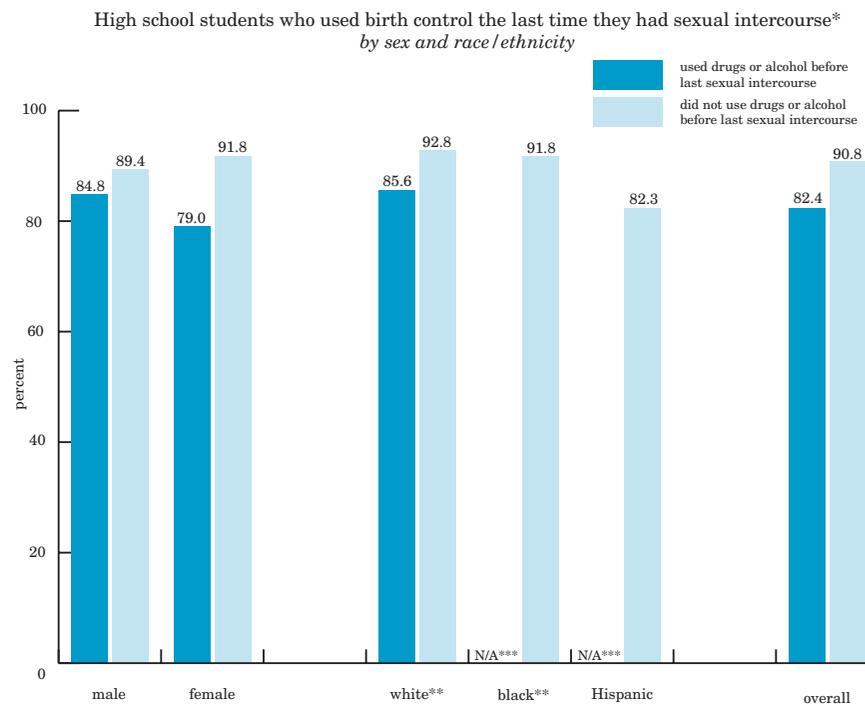
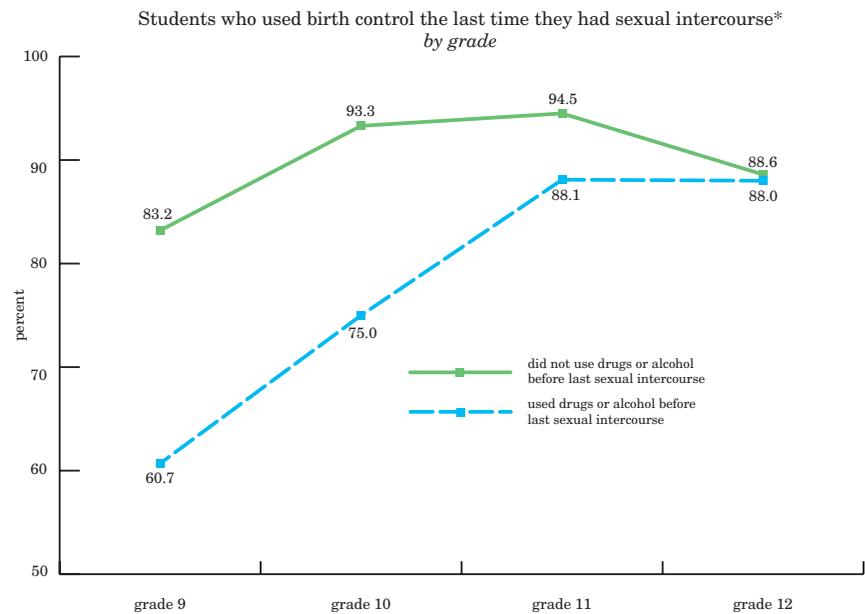
*among the 31.8% of Connecticut and 35% of US high school students who are currently sexually active
**non-Hispanic



CURRENT SEXUAL ACTIVITY AND BIRTH CONTROL USE

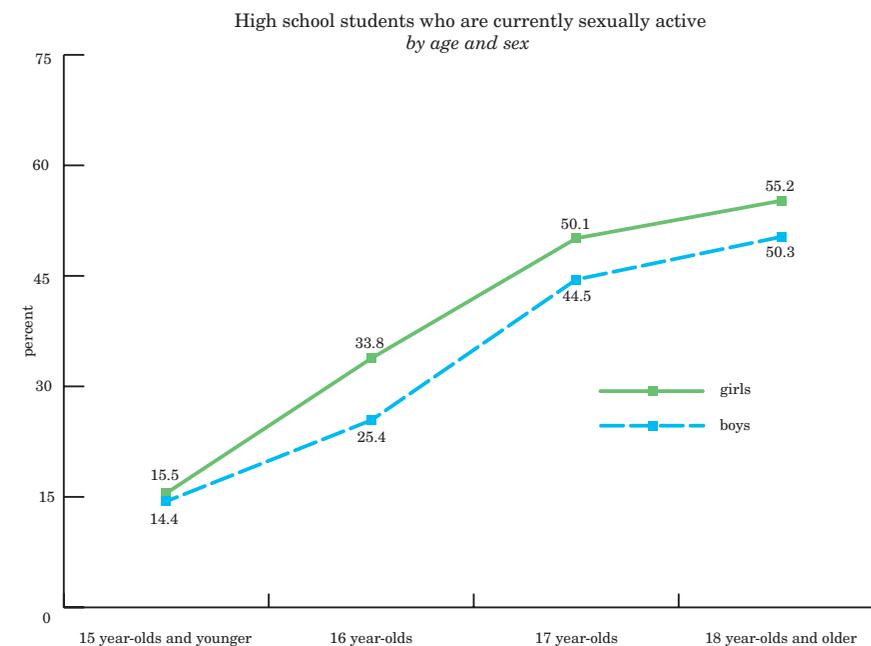
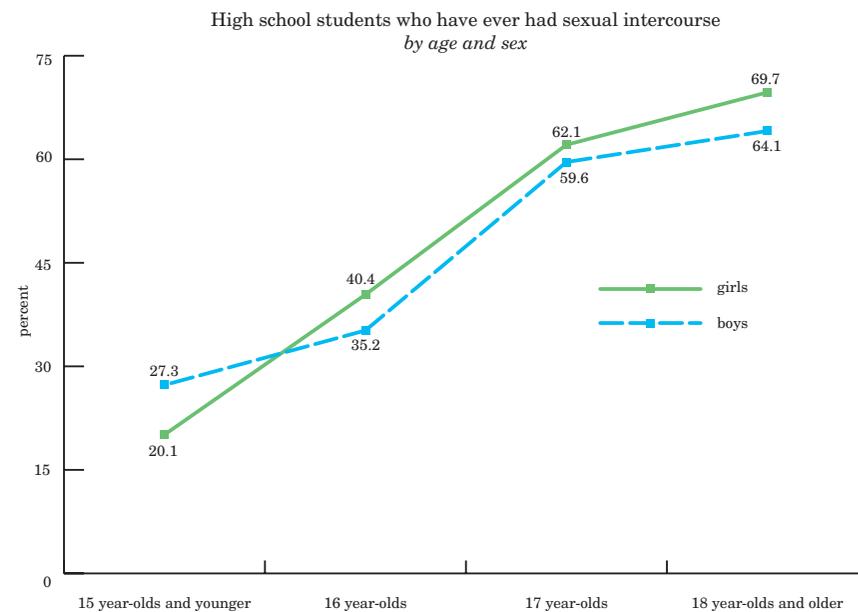
- Nearly 40% of currently sexually active ninth grade students who used drugs or alcohol the last time they had sexual intercourse did not use birth control during their most recent sexual intercourse
- Among currently sexually active students who did not use drugs or alcohol the last time they had sexual intercourse, the percentage who used birth control the last time they had sexual intercourse varies by grade between 83.2% and 94.5%, while among their counterparts who did use drugs or alcohol, the percentage varies by grade from 60.7% to 88.1%
- High school girls who are currently sexually active and did not use drugs or alcohol the last time they had sexual intercourse (91.8%) are about 20% more likely than girls who used drugs or alcohol (79%) to have used birth control
- High school students who are currently sexually active and used drugs or alcohol the last time they had sexual intercourse (82.4%) are less likely than their counterparts who did not use drugs or alcohol (90.8%) to have used birth control the last time they had sexual intercourse

*among the 31.8% of high school students who are currently sexually active
 **non-Hispanic
 ***Data are not presented for this population because the sample size of students is too small for a meaningful analysis.



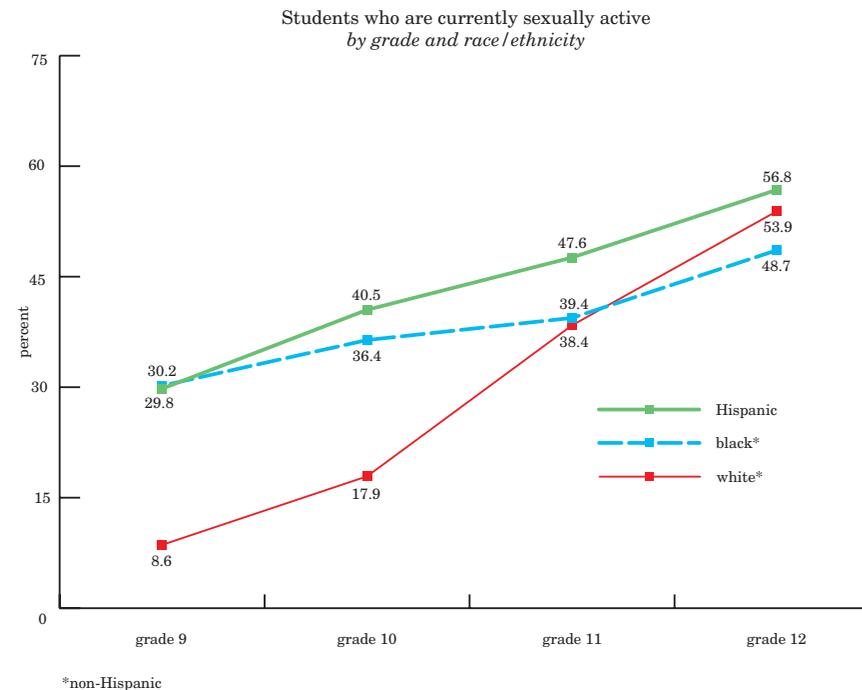
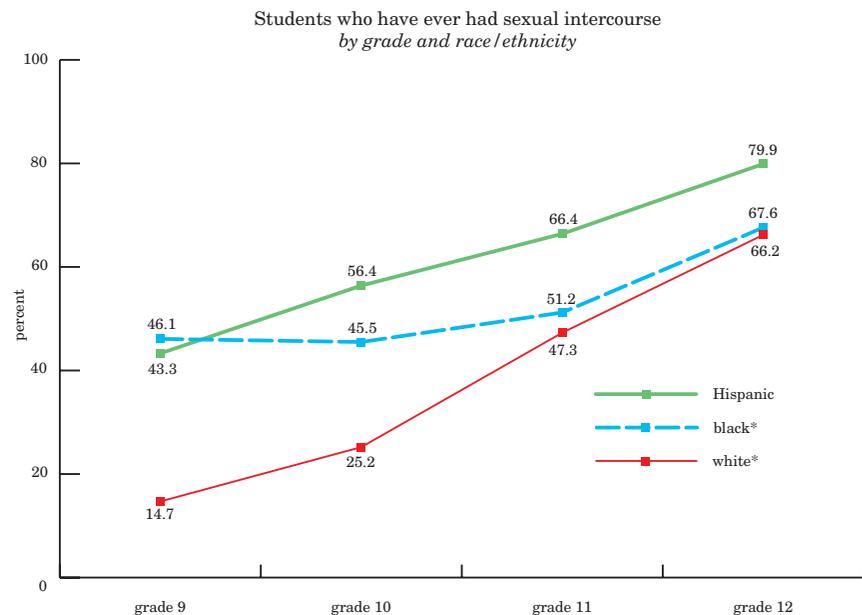
LIFETIME AND CURRENT SEXUAL ACTIVITY

- Among high school students who are 15 years old and younger, boys (27.3%) are more likely than girls (20.1%) to have had sexual intercourse at least once in their lives, but among students who are 16, 17, and 18 years old or older, girls are more likely than boys to have ever had sexual intercourse
- The percentage of high school girls who have ever had sexual intercourse more than triples from 20.1% among those who are 15 years old and younger to 69.7% among girls who are 18 and older. The increase is statistically significant
- The percentage of high school boys who have ever had sexual intercourse more than doubles from 27.3% among those who are 15 years old or younger to 64.1% among boys who are 18 and older. The increase is statistically significant
- From the age of 15 and younger through the age of 18 and older, high school girls are more likely than high school boys to be currently sexually active
- For high school girls and boys, the rate of current sexual activity more than triples between the age of 15 and younger to the age of 18 and older. The increases in both groups are statistically significant



LIFETIME AND CURRENT SEXUAL ACTIVITY, (CONTINUED)

- White students in grades 9 and 10 are significantly less likely than black and Hispanic students to have ever had sexual intercourse
- Nearly 8 out of 10 Hispanic students in grade 12 have had sexual intercourse at least once in their lives
- The percentage of white students who have ever had sexual intercourse more than quadruples between grades 9 (14.7%) and 12 (66.2%)
- In grades 9 and 10, white students are significantly less likely than black and Hispanic students to have had sexual intercourse at least once in the past three months (current sexual activity)
- Between grades 9 (8.6%) and 12 (53.9%), current sexual activity among white students increases 6-fold



SEXUAL BEHAVIORS

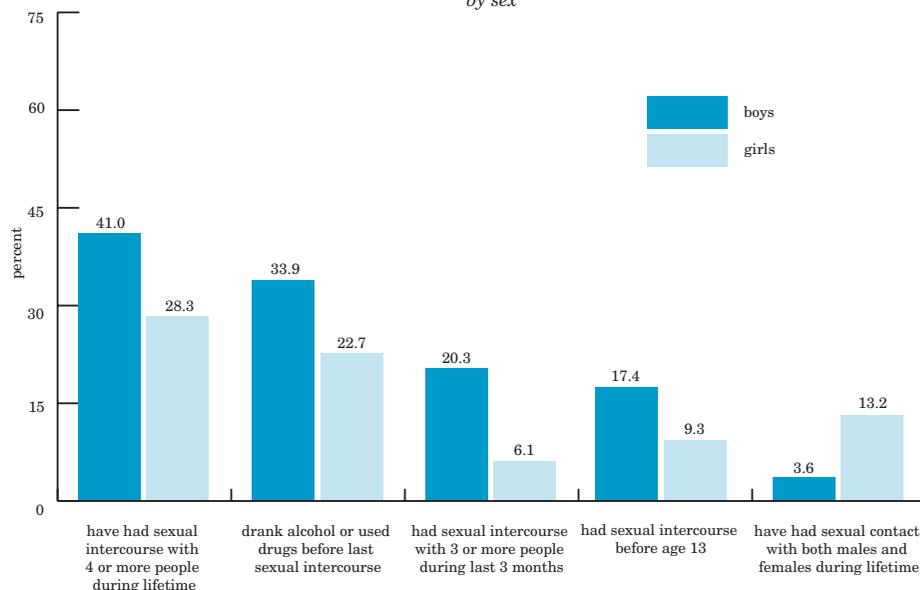
- Among high school students who are currently sexually active, boys (41%) are significantly more likely than girls (28.3%) to have had sexual intercourse with four or more people during their lives
- Boys in high school who are currently sexually active (20.3%) are significantly more likely than their female counterparts (6.1%) to have had sexual intercourse with three or more people during the past three months
- In high school among students who are currently sexually active, girls (13.2%) are significantly more likely than boys (3.6%) to have had sexual contact with both males and females during their lives[†]
- Students in high school who smoked cigarettes on one or more of the past 30 days[‡] (74.8%) are more than twice as likely as non-smokers (34.2%) to have ever had sexual intercourse or to be currently sexually active (59.7% and 24.6%); the differences are statistically significant
- High school current cigarette smokers (33.3%) are almost five times more likely than non-smokers (8.9%) to have had sexual intercourse with four or more people during their lives and are nearly four times more likely to have had sexual intercourse before age 13[§] (14.2% and 3.9%); the differences are statistically significant

[†] see page 37

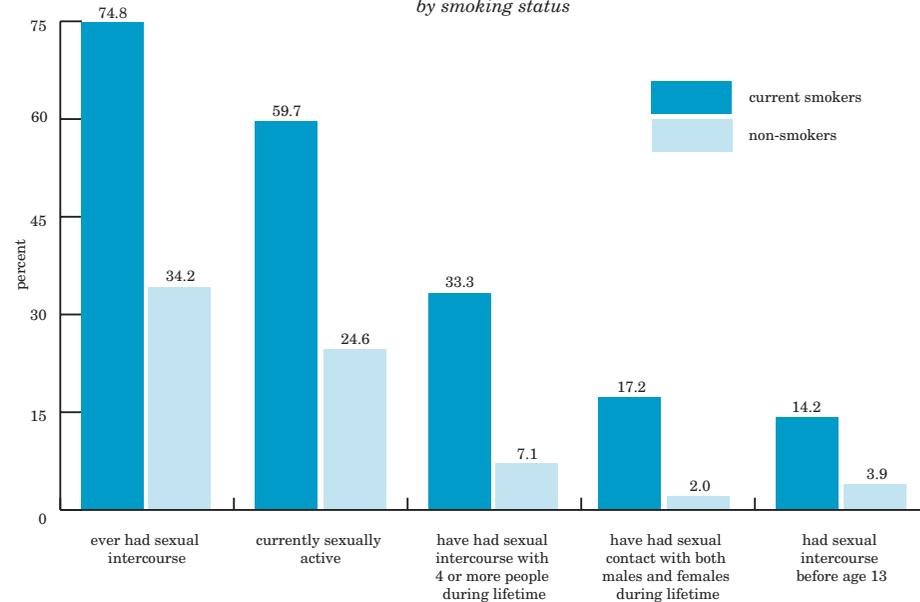
[‡] current smokers

[§] see page 38

Sexual behaviors among high school students who are currently sexually active by sex

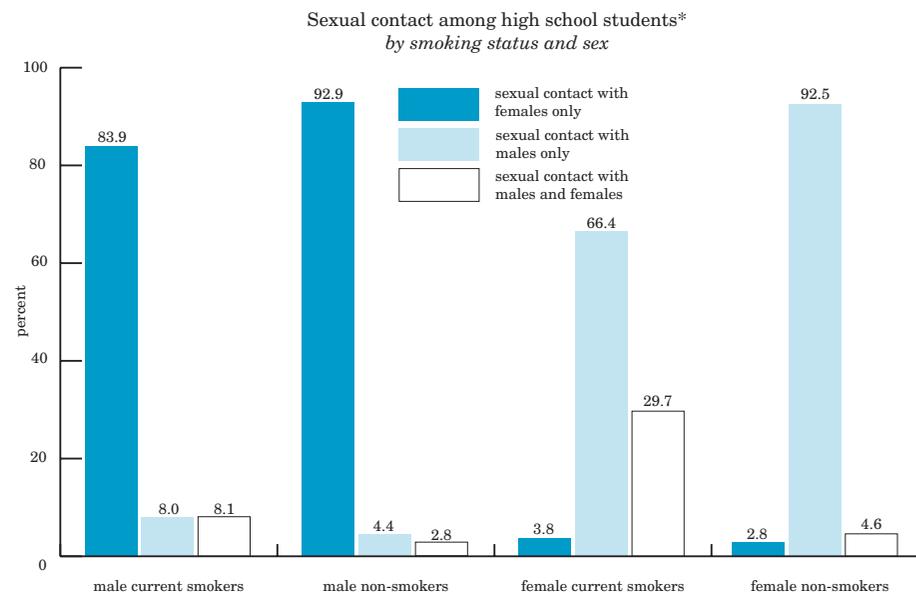
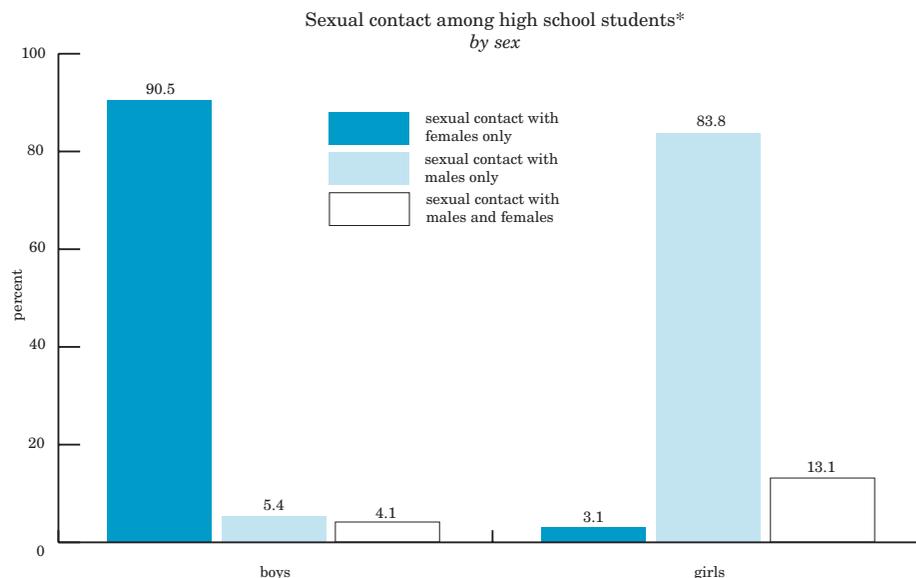


Sexual behaviors among high school students by smoking status



SEXUAL CONTACT

- An estimated 67,000 high school students (60.7%) have had sexual contact at least once in their lives—*data not shown on graphs*
- About one in eight (13.1%) high school girls who have ever had sexual contact has had sexual contact with both males and females
- Nearly 30% of high school girls who are current smokers and have ever had sexual contact have had sexual contact with both males and females, compared to less than 5% of their counterparts who are non-smokers. The difference is statistically significant
- High school boys who are current smokers and have ever had sexual contact (8%) are nearly twice as likely as their counterparts who are non-smokers (4.4%) to have had sexual contact with males only
- Of the students who have ever had sexual contact with both males and females, (*the following data are not shown on graphs*)
 - 22.8% are in grade 9
 - 15.9% are in grade 10
 - 31.4% are in grade 11
 - 29.8% are in grade 12



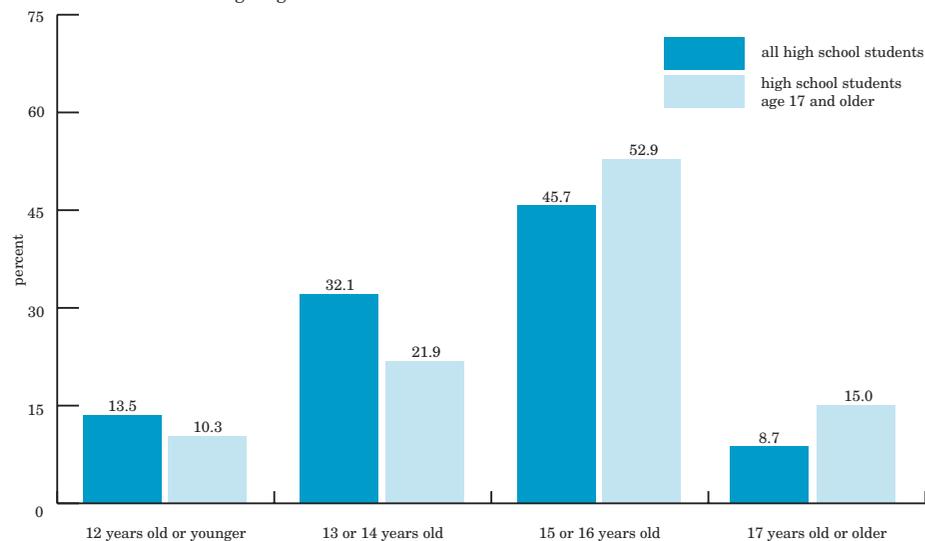
*among the 60.7% of high school students who have ever had sexual contact



AGE AT FIRST SEXUAL INTERCOURSE

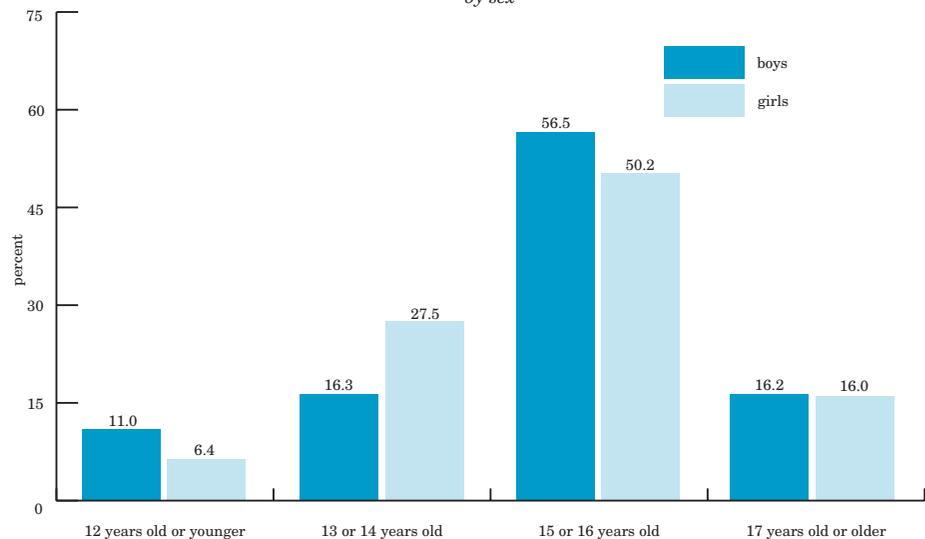
- Of the 42.4% of high school students who have ever had sexual intercourse, about 78% first had sexual intercourse between the ages of 13 and 16
- Slightly less than 6% of high school students had sexual intercourse before they were 13 years old—*data not shown on graphs*
- Approximately 63% of high school students who are 17 years old or older have ever had sexual intercourse; of those students, nearly 68% were 15 years old or older the first time they had sexual intercourse
- Of the high school students who have ever had sexual intercourse, 18% of the boys had sexual intercourse before they were 13 years old, compared to 9% of the girls. The difference is statistically significant—*data not shown on graphs*
- The majority of high school boys (56.5%) and girls (50.2%) who are currently sexually active and are 17 years old or older, first had sexual intercourse between the ages of 15 and 16
- More than one-third (33.9%) of high school girls who are currently sexually active and 17 years old or older, had sexual intercourse when they were 14 years old or younger
- Slightly more than 1 in 10 high school boys (11%) who are currently sexually active and 17 years old or older had sex when they were 12 years old or younger

The age high school students had sexual intercourse for the first time*



*among the 42.4% of high school students who have ever had sexual intercourse and among the 62.9% of high school students age 17 and older who have ever had sexual intercourse

The age high school students age 17 and older had sexual intercourse for the first time** by sex

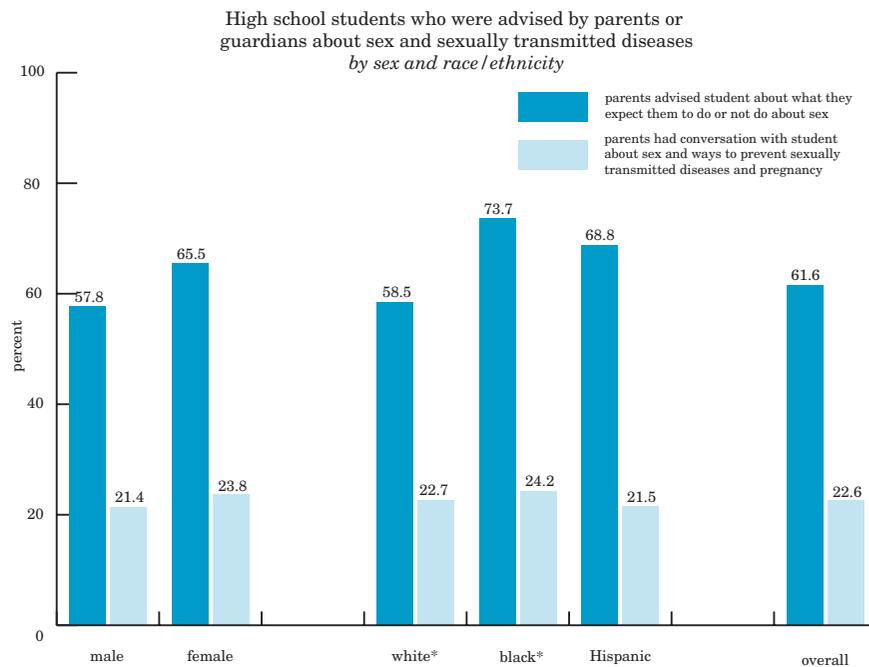
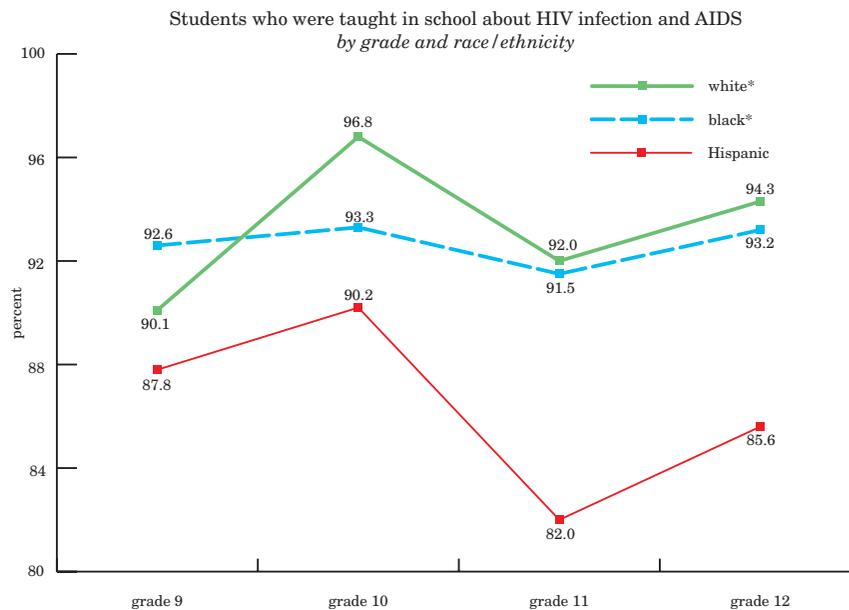


**among the 46.6% of male and 51.8% of female high school students age 17 and older who are currently sexually active



EDUCATION ABOUT SEX AND SEXUALLY TRANSMITTED DISEASES

- More than 90% of white and black students in grades 9 through 12 were taught in school about HIV infection and AIDS, while among high school Hispanic students, the rate varies by grade between 82% and 90.2%
- Slightly more than 14% of high school students have had a test for HIV—*data not shown on graphs*
- High school girls (65.5%) are significantly more likely than high school boys (57.8%) to have been told by their parents or other adults in their family what they expect them to do or not to do when it comes to sex
- In high school, white (58.5%) students are significantly less likely than black (73.7%) and Hispanic (68.8%) students to have been told by their parents or other adults in their family what they expect them to do or not to do when it comes to sex
- Less than one-quarter of high school boys, girls, white students, black students, Hispanic students, and students overall have had a conversation with their parents or guardians about sex and ways to prevent sexually transmitted diseases and pregnancy



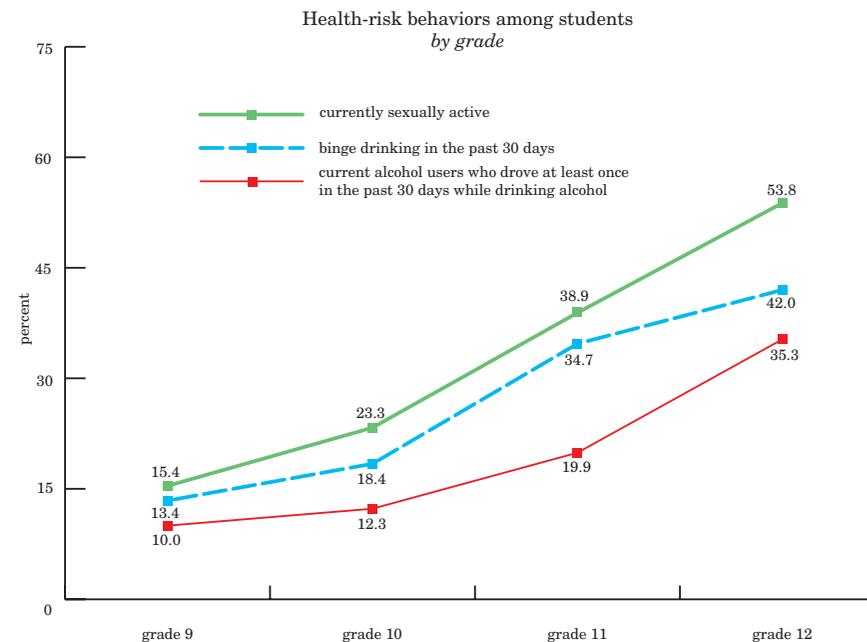
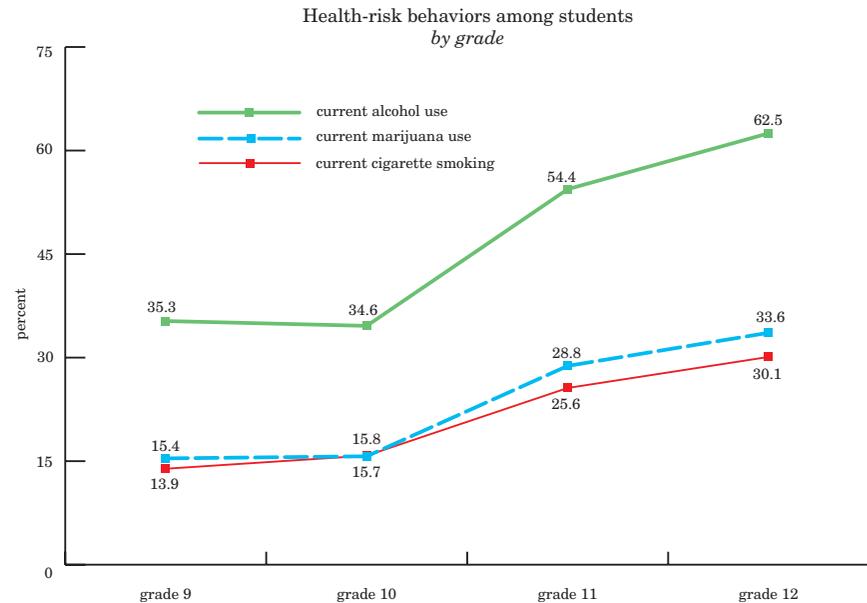
*non-Hispanic



Health-Risk Behaviors

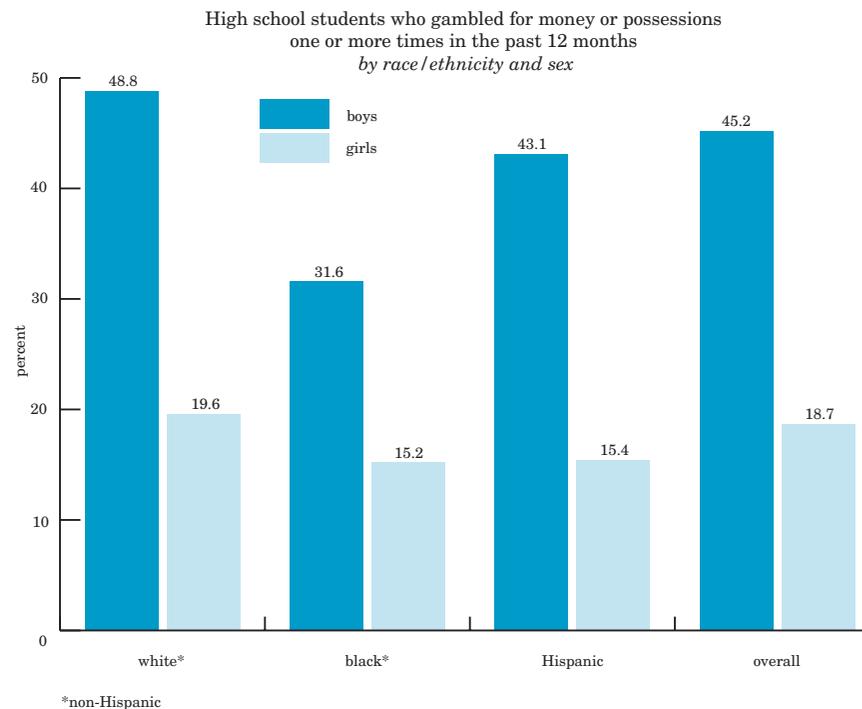
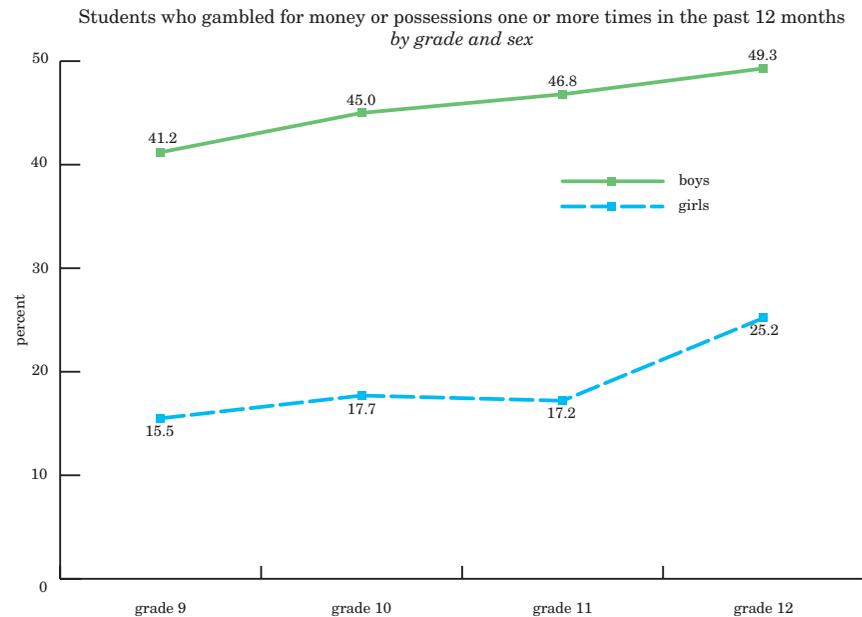
HEALTH-RISK BEHAVIORS BY GRADE

- The percentage of students who had at least one drink of alcohol on 1 or more of the 30 days preceding the survey (current alcohol use) nearly doubles between grades 9 (35.3%) and 12 (62.5%); the increase is statistically significant
- The percentage of students who used marijuana one or more times in the past 30 days (current marijuana use) increases significantly from 15.4% in grade 9 to 33.6% in grade 12
- The percentage of students who smoked cigarettes on 1 or more of the past 30 days (current cigarette smoking) more than doubles between grades 9 (13.9%) and 12 (30.1%); the increase is statistically significant
- The percentage of students who had sexual intercourse at least once in the past three months (currently sexually active) more than triples between grades 9 (15.4%) and 12 (53.8%); the increase is statistically significant
- The percentage of students who consumed five or more alcoholic drinks within a couple of hours (binge drinking) on at least 1 of the past 30 days increases significantly between grades 9 (13.4%) and 12 (42.0%)
- The percentage of current alcohol users who drove at least one time in the past 30 days while drinking alcohol increases significantly from 10% in grade 10 to 35.3% in grade 12



GAMBLING

- From grade 9 through grade 12, boys are significantly more likely than girls to have gambled for money or possessions one or more times in the past 12 months
- More than one-quarter (25.2%) of girls and nearly one-half (49.3%) of boys in grade 12 gambled at least once in the 12 months prior to the survey
- Nearly one-half (48.8%) of white high school boys gambled one or more times in the past 12 months
- Among high school students who gambled in the past year, 27.6% currently smoke cigarettes, while among students who did not gamble, 18.3% smoke. The difference is statistically significant—*data not shown on graphs*
- White high school boys (48.8%) are significantly more likely than their female counterparts (19.6%) to have gambled for money or possessions at least once in the past year; the same is true among Hispanic students (43.1% and 15.4%)
- Of the high school students who gambled in the past 12 months, *(the following data not shown on graphs)*
 - 70.8% gambled 1-5 times
 - 14.3% gambled 6-15 times
 - 5.3% gambled 16-25 times
 - 9.6% gambled 26 times or more
- High school boys (45.2%) are nearly 2.5 times more likely than high school girls (18.7%) to have gambled one or more times in the past 12 months; the difference is statistically significant
- In the past 12 months, *(the following data not shown on graphs)*
 - Of the high school students who report receiving mostly As in school in the past year, 26.5% gambled at least once
 - Of the high school students who report receiving mostly Bs in school in the past year, 33.2% gambled at least once
 - Of the high school students who report receiving mostly Cs in school in the past year, 34.6% gambled at least once
 - Of the high school students who report receiving mostly Ds or Fs in school in the past year, 46.4% gambled at least once. This is significantly more than for those students who received mostly As
- Among current cigarette smokers in high school, 41.5% gambled in the past year, while among non-smokers, 29.4% gambled. The difference is statistically significant—*data not shown on graphs*

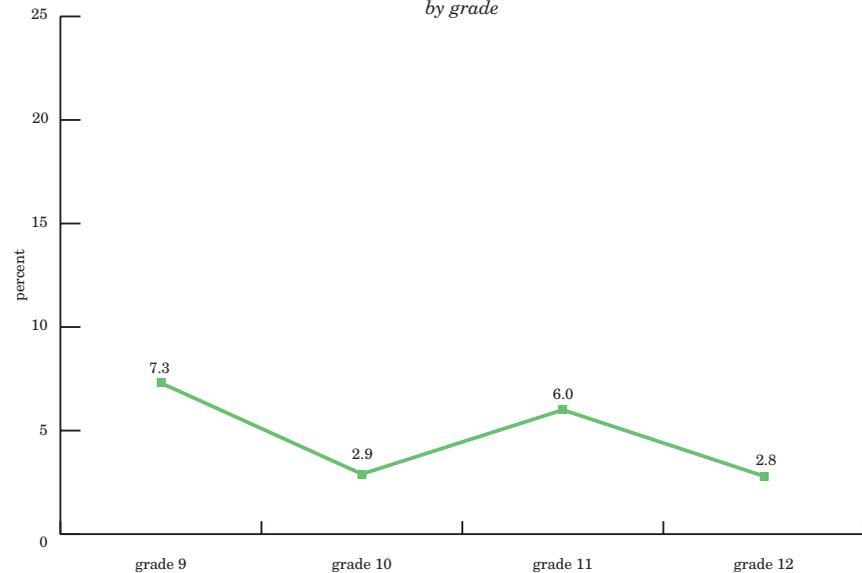


POOR GRADES IN SCHOOL*

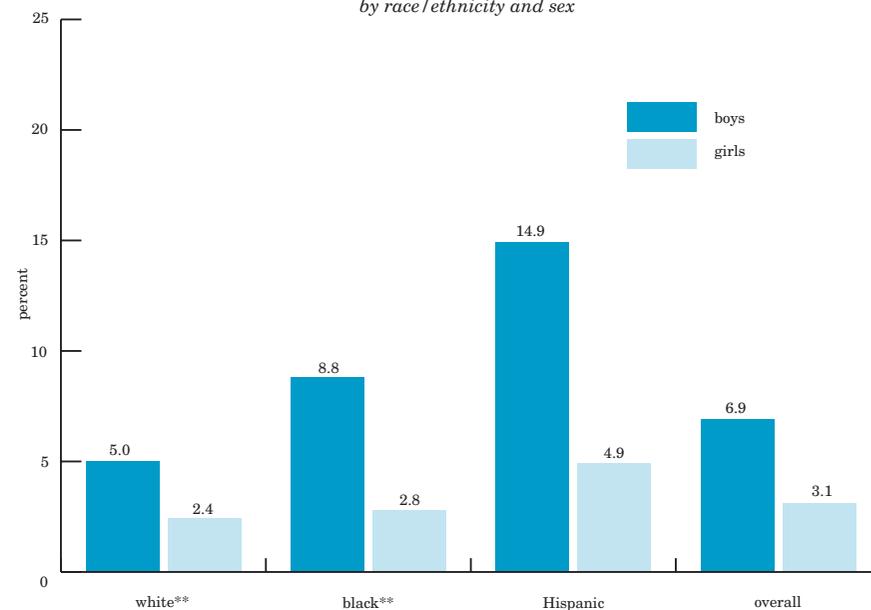
- The percentage of students who describe their grades in school in the past 12 months as mostly Ds or Fs varies by grade from 2.8% to 7.3%; none of the differences between any of the grades are statistically significant
- The percentage of students who describe their grades as mostly Ds or Fs decreases more than 60% between grades 9 and 12
- In high school, students who describe their grades in the past year as mostly Ds or Fs (23.8%) are significantly more likely than students who describe their grades as mostly As, Bs, or Cs (8.9%) to have attempted suicide at least once in the past 12 months—*data not shown on graphs*
- Among boys in high school, Hispanic (14.9%) students are significantly more likely than white (5%) students to describe their grades in the past year as mostly Ds or Fs
- Among high school students, current smokers (11.1%) are significantly more likely than non-smokers (3.4%) to describe their grades in school in the past 12 months as mostly Ds or Fs—*data not shown on graphs*
- Although Hispanic (4.9%) girls in high school are more likely than white (2.4%) and black (2.8%) girls to report that their grades in the past 12 months have been mostly Ds or Fs, none of the differences between any of the race/ethnic groups are statistically significant
- Students in high school who currently use marijuana (10.8%) are significantly more likely than their counterparts who do not currently use marijuana (3%) to describe their grades in the past year as mostly Ds or Fs—*data not shown on graphs*

*Students who were not sure of their grades and students who received grades other than A, B, C, D, or F were excluded from the analysis.

Students who describe their grades in school in the past 12 months as mostly Ds or Fs*
by grade



High school students who describe their grades in school in the past 12 months as mostly Ds or Fs*
by race/ethnicity and sex



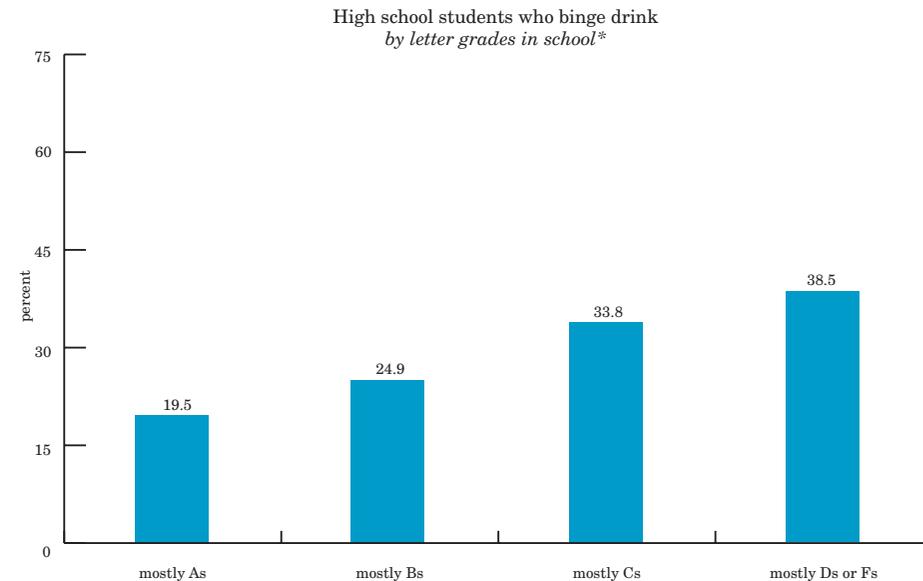
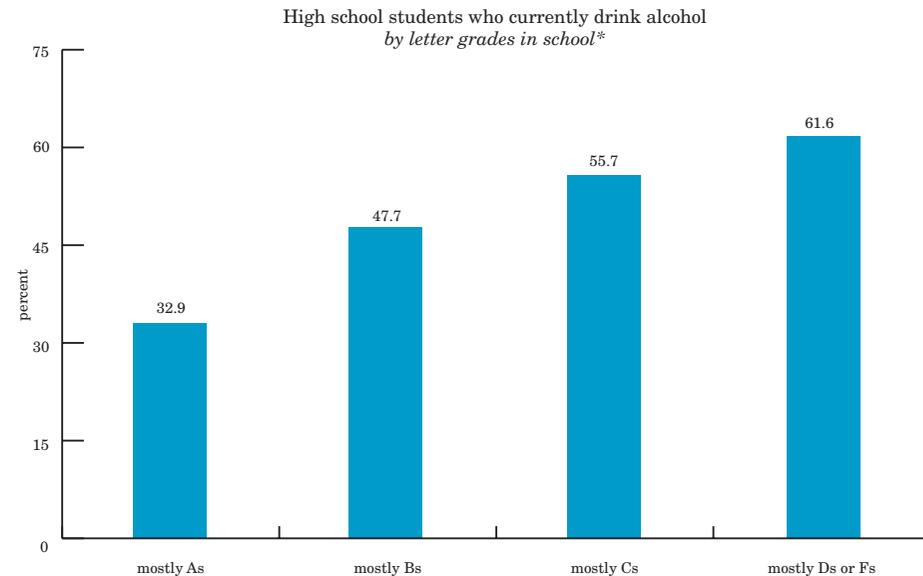
*Students who were not sure of their grades and students who received grades other than A, B, C, D, or F were excluded from the analysis.

**non-Hispanic



ALCOHOL USE AND LETTER GRADES IN SCHOOL*

- High school students who describe their grades in school in the past 12 months as mostly Cs (55.7%) or mostly Ds or Fs (61.6%) are significantly more likely than those who describe their grades as mostly As (32.9%) or mostly Bs (47.7%) to currently drink alcohol
- High school students who report that their grades in school in the past year were mostly Ds or Fs (61.6%) are nearly twice as likely as those who describe their grades as mostly As (32.9%) to currently drink alcohol
- High school students who describe their grades in school in the past year as mostly Cs (33.8%) or mostly Ds or Fs (38.5%) are significantly more likely than those who describe their grades as mostly As (19.5%) to binge drink
- Among high school students, those who describe their grades in school in the past 12 months as mostly Ds or Fs (38.5%) are nearly twice as likely as those who describe their grades as mostly As (19.5%) to binge drink



*Students who were not sure of their grades and students who received grades other than A, B, C, D, or F were excluded from the analysis.

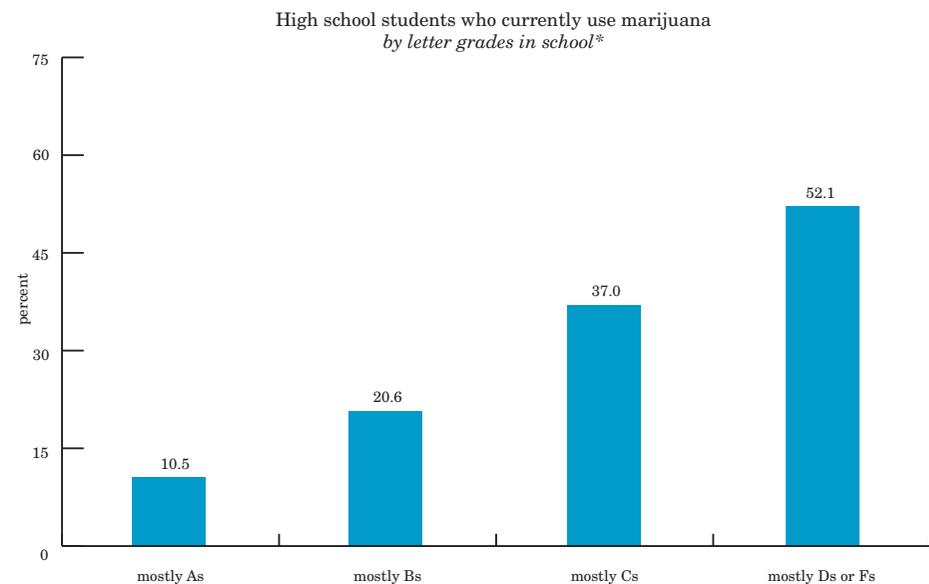
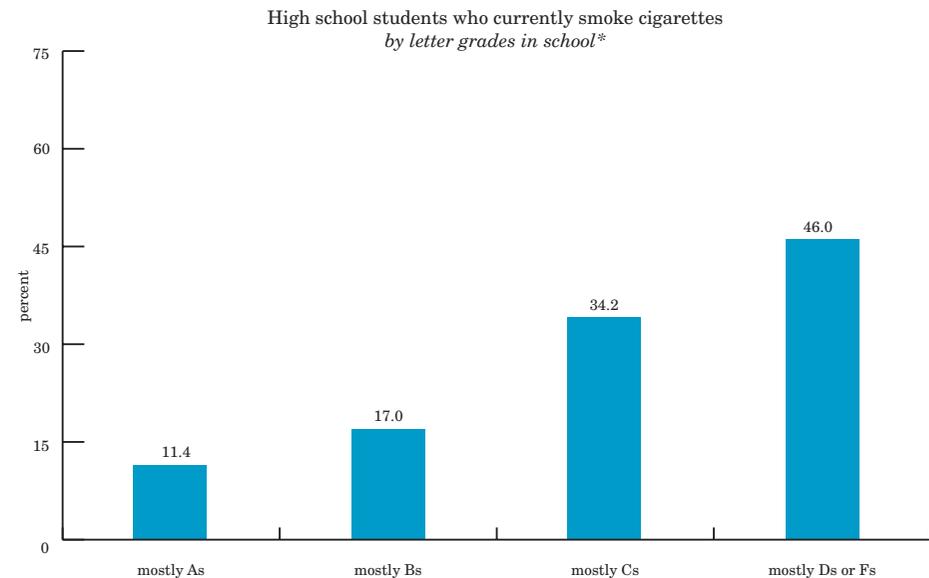
*Students who were not sure of their grades and students who received grades other than A, B, C, D, or F were excluded from the analysis.



CIGARETTE AND MARIJUANA USE AND LETTER GRADES IN SCHOOL*

- High school students who describe their grades in school in the past 12 months as mostly Cs (34.2%) or mostly Ds or Fs (46%) are significantly more likely than those who describe their grades as mostly As (11.4%) or mostly Bs (17%) to currently smoke cigarettes
- High school students who describe their grades in school in the past year as mostly Ds or Fs (46%) are four times more likely than students who describe their grades as mostly As (11.4%) to be current smokers
- Findings from the *Youth Tobacco Component* of the survey also show increasing rates of cigarette smoking as letter grades in school decrease—see page 79
- Among high school students, as their letter grades in school decrease from mostly As (10.5%) to mostly Bs (20.6%) to mostly Cs (37%), the prevalence of marijuana use increases significantly
- High school students who report that their grades in school in the past 12 months have been mostly Ds or Fs (52.1%) are significantly more likely than those who report that their grades were mostly As (10.5%), mostly Bs (20.6%), or mostly Cs (37%) to currently use marijuana
- The rate of current marijuana use among high school students who describe their grades in school as mostly Ds or Fs (52.1%) is five times higher than it is among those who describe their grades as mostly As (10.5%)

*Students who were not sure of their grades and students who received grades other than A, B, C, D, or F were excluded from the analysis.



*Students who were not sure of their grades and students who received grades other than A, B, C, D, or F were excluded from the analysis.

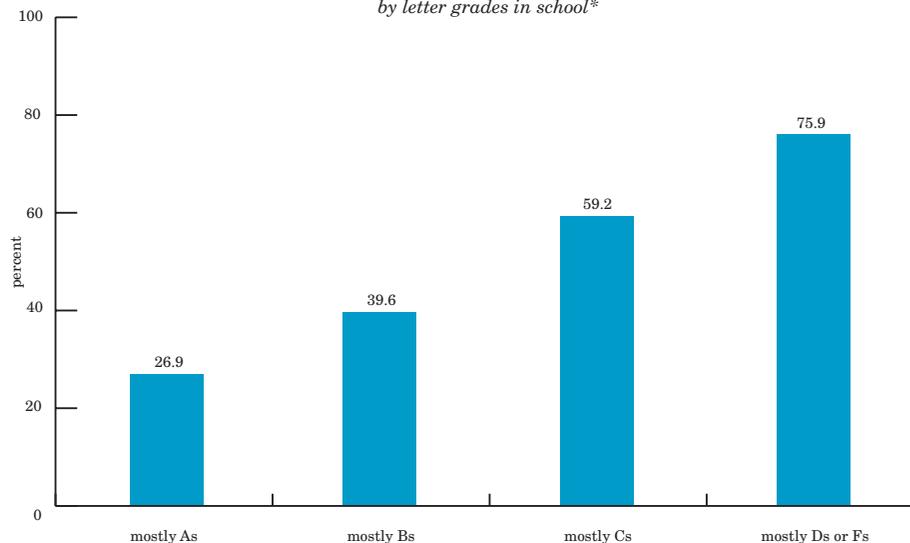


SEXUAL BEHAVIOR AND LETTER GRADES IN SCHOOL*

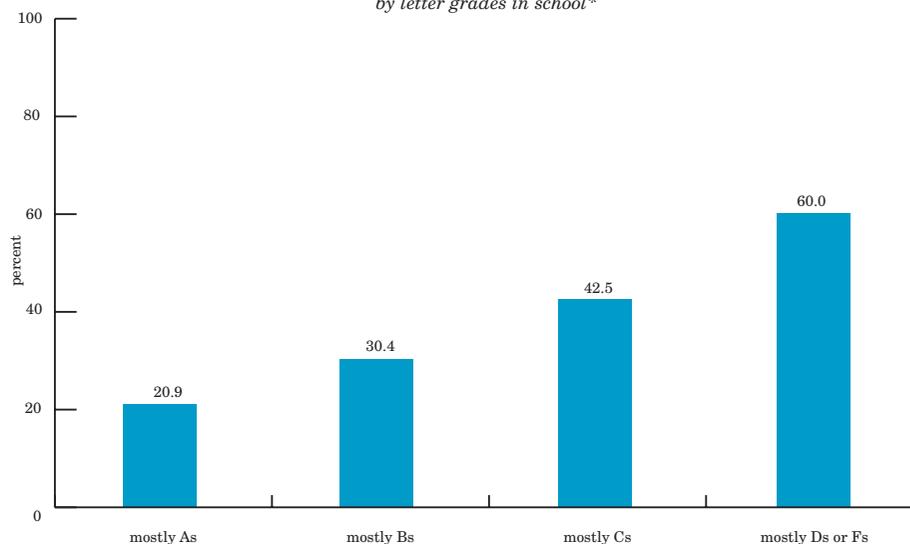
- High school students who describe their grades in school in the past year as mostly Cs (59.2%) or mostly Ds or Fs (75.9%) are significantly more likely than those who describe their grades as mostly As (26.9%) or Bs (39.6%) to have ever had sexual intercourse
- Among high school students, as their letter grades in school decrease from mostly As (26.9%) to mostly Bs (39.6%) to mostly Cs (59.2%), the percentage of students who have ever had sexual intercourse increases significantly
- In high school, students who describe their grades in school as mostly Ds or Fs (75.9%) are nearly three times more likely than students who describe their grades as mostly As (26.9%) to have ever had sexual intercourse
- Among high school students, as their letter grades in school decrease from As (20.9%) to Bs (30.4%) to Cs (42.5%) to Ds or Fs (60%), the percentage of students who are currently sexually active increases significantly
- High school students who describe their grades in school in the past year as mostly Ds or Fs (60%) are nearly three times more likely than students who describe their grades as mostly As (20.9%) to be currently sexually active

*Students who were not sure of their grades and students who received grades other than A, B, C, D, or F were excluded from the analysis.

High school students who have ever had sexual intercourse by letter grades in school*



High school students who are currently sexually active by letter grades in school*



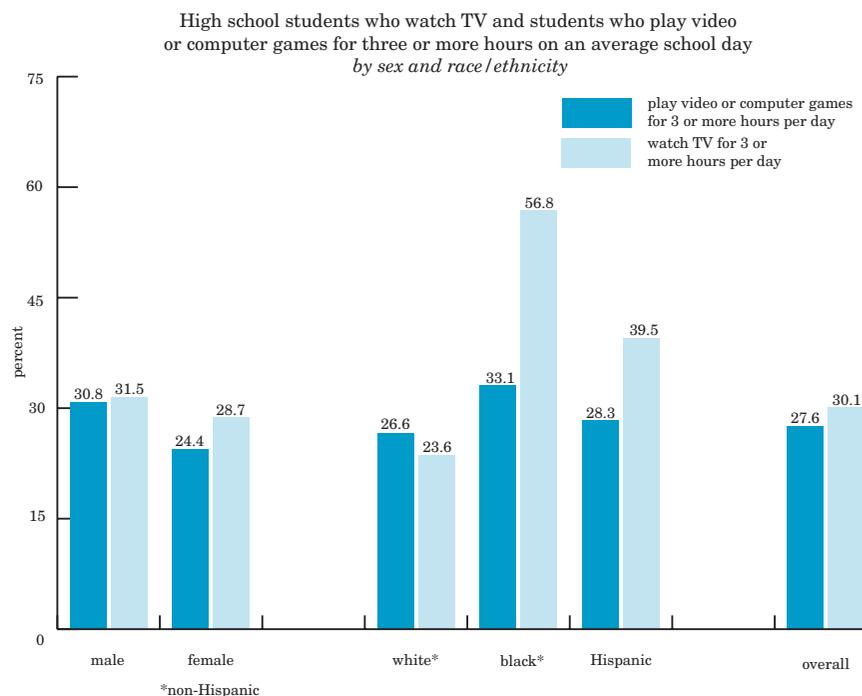
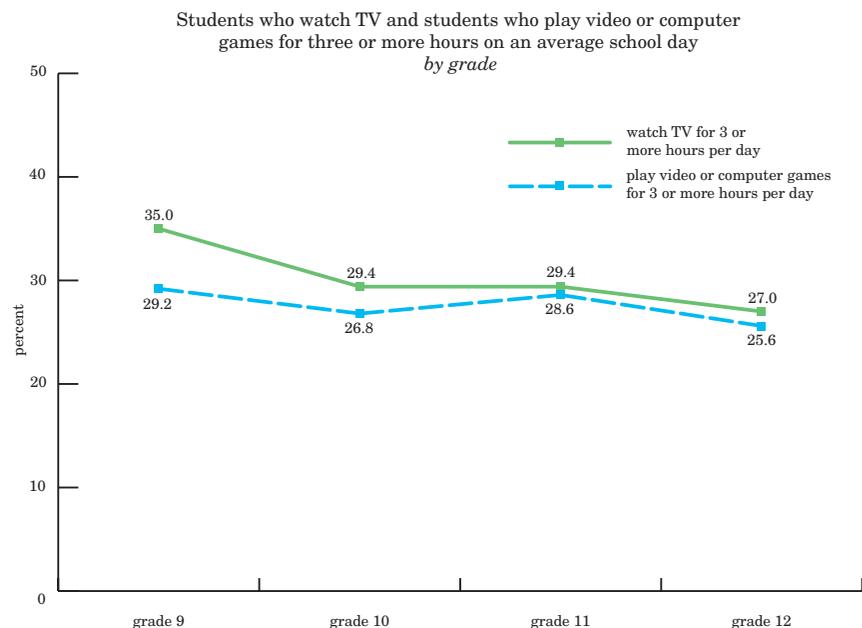
*Students who were not sure of their grades and students who received grades other than A, B, C, D, or F were excluded from the analysis.



SCREEN TIME

- The percentage of students who watch TV for three or more hours on an average school day decreases from 35% in grade 9 to 27% in grade 12
- By grade, the percentage of students who play video or computer games for three or more hours on an average school day does not vary significantly
- In high school, boys (30.8%) are about 26% more likely than girls (24.4%) to play video or computer games for three or more hours on a typical school day
- High school students who play video or computer games for three or more hours on an average school day (29.8%) are significantly more likely than students who watch fewer than three hours (23.6%) to be overweight[†]—*data not shown on graphs*
- In high school, black (56.8%) students are significantly more likely than white (23.6%) and Hispanic (39.5%) students to watch TV for three or more hours on an average school day
- White (23.6%) students in high school are significantly less likely than Hispanic (39.5%) students to watch TV for three or more hours on a typical school day
- High school students who watch TV for three or more hours on an average school day (32%) are significantly more likely than students who watch fewer than three hours (22.4%) to be overweight—*data not shown on graphs*

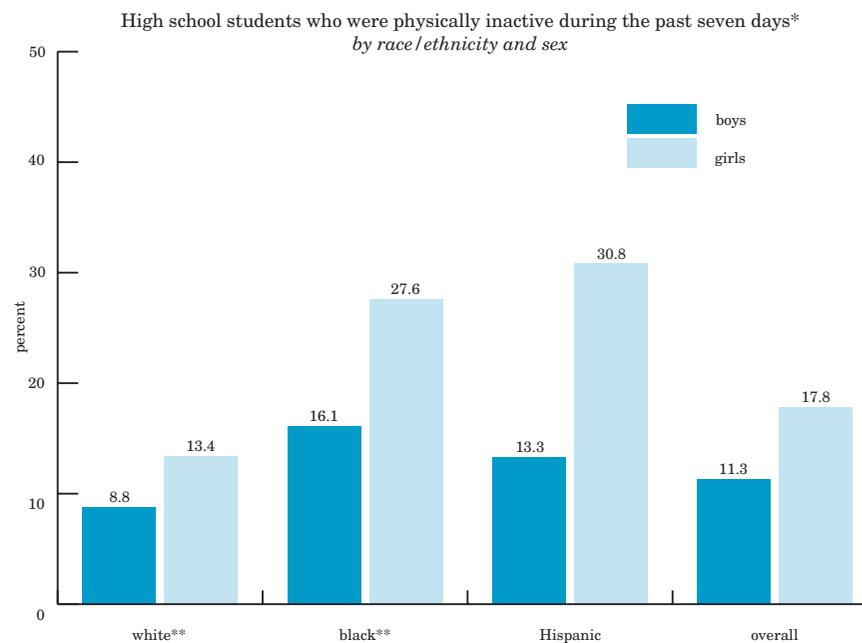
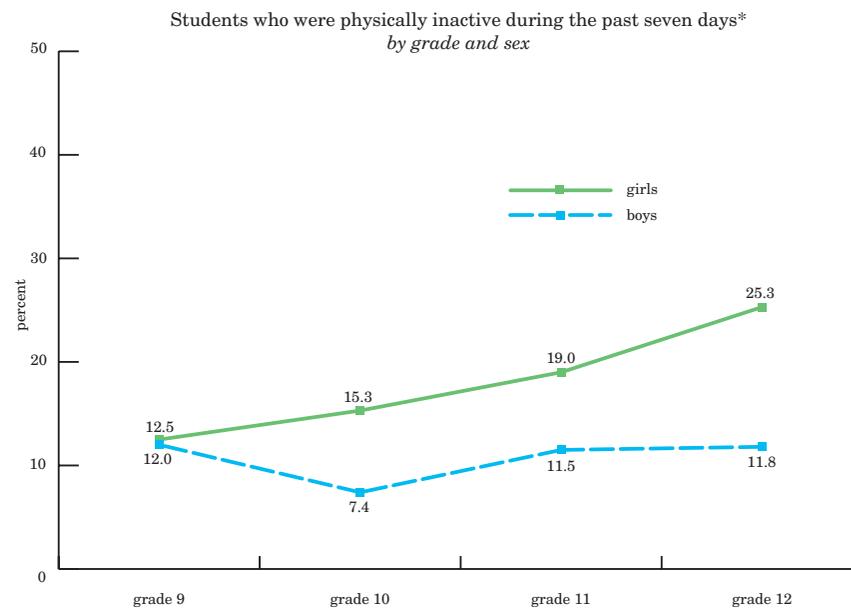
[†] see page 48; also *Glossary of Terms*, p.103, for definition



**Physical Inactivity,
Overweight, and
Dietary Behaviors**

PHYSICAL INACTIVITY

- From grade 9 through grade 12, girls are more likely than boys to have not done at least 60 minutes of physical activity on at least one of the past seven days (physically inactive). The differences in grade 10 and in grade 12 are statistically significant
- Girls in grade 12 (25.3%) are significantly more likely than girls in grade 9 (12.5%) to have been physically inactive in the past seven days
- Among boys in high school, black (16.1%) students are more likely than white (8.8%) and Hispanic (13.3%) students to have been physically inactive in the week prior to the survey. None of the differences are statistically significant
- Among girls in high school, Hispanic (30.8%) and black (27.6%) students are significantly more likely than white (13.4%) students to have been physically inactive in the week prior to the survey
- Approximately 24,800 high school students in Connecticut (14.5%) were physically inactive in the past week—*data not shown on graphs*
- In high school, Hispanic girls (30.8%) are significantly more likely than Hispanic boys (13.3%) to have been physically inactive in the past seven days
- High school girls (17.8%) are significantly more likely than high school boys (11.3%) to have been physically inactive in the week prior to the survey



*did not do at least 60 minutes of physical activity on at least one of the past seven days

**non-Hispanic

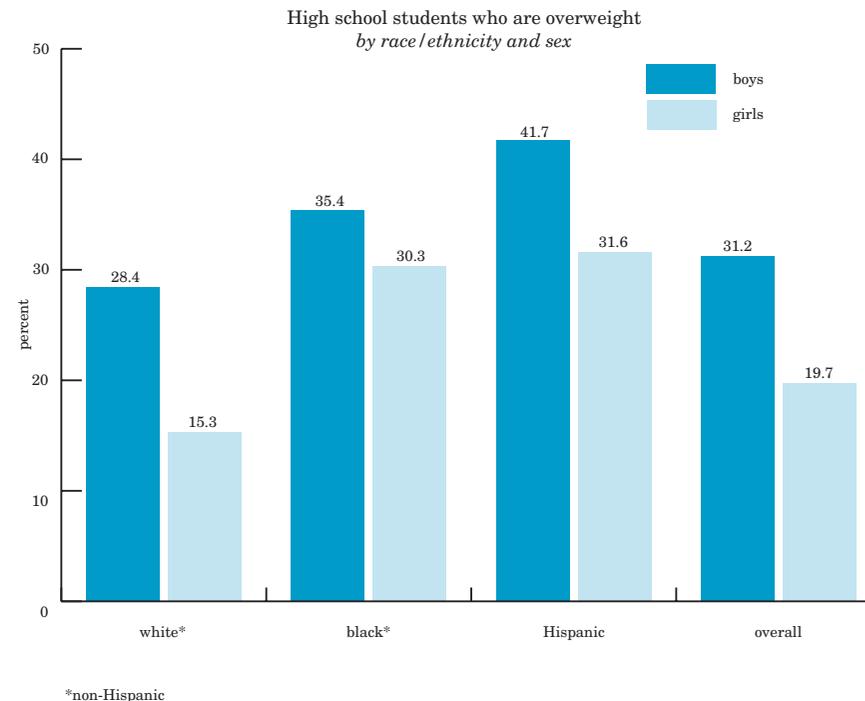
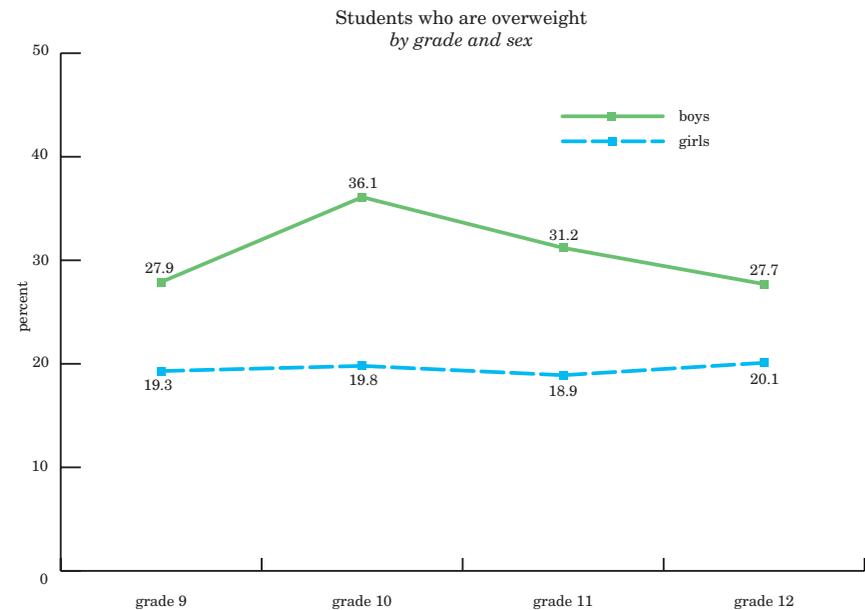


OVERWEIGHT†

- Approximately 41,700 high school students (25.6%) in Connecticut are overweight—*data not shown on graphs*
- From grade 9 through grade 12, boys are more likely than girls to be overweight. The differences in grades 10 and 11 are statistically significant
- Overweight high school students (45.6%) are significantly more likely than their counterparts who are not overweight (35.6%) to report that they never or rarely get the kind of help that they need when they feel sad, empty, hopeless, angry, or anxious‡—*data not shown on graphs*
- Among boys in high school, Hispanic (41.7%) students are significantly more likely than white (28.4%) students to be overweight
- White high school boys (28.4%) are significantly more likely than white high school girls (15.3%) to be overweight
- Among high school girls, black (30.3%) and Hispanic (31.6%) students are significantly more likely than white (15.3%) students to be overweight
- In high school, 14.2% of students currently have asthma; among overweight students, the rate is 16.1%—*data not shown on graphs*

† see *Glossary of Terms*, p.103, for definition

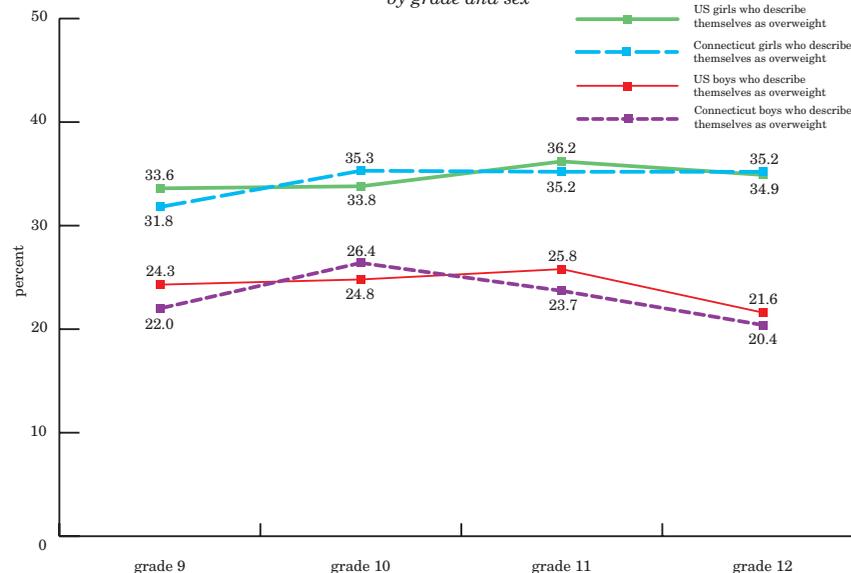
‡ among students who have felt sad, empty, hopeless, angry, or anxious



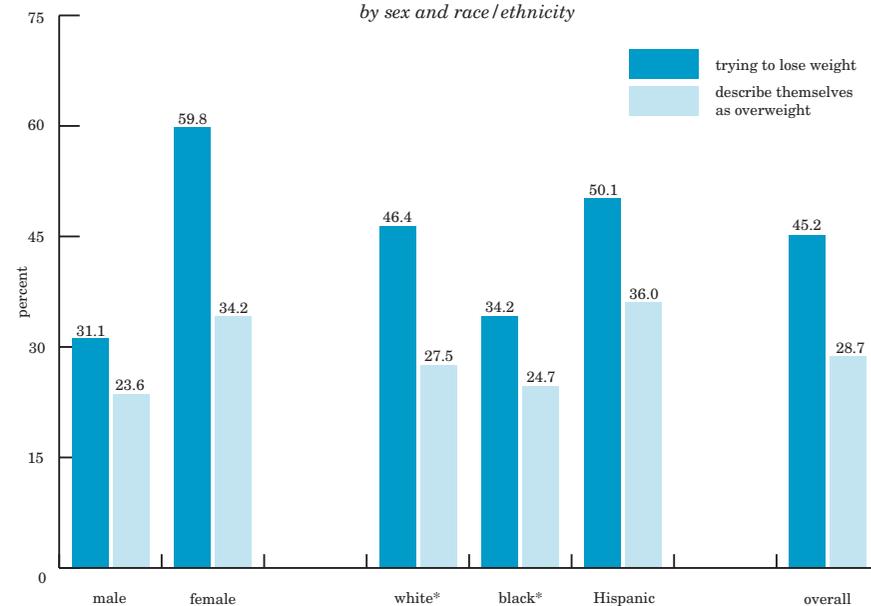
WEIGHT-RELATED ISSUES AND ATTITUDES

- From grades 9 through 12, more than one-third of Connecticut and US girls describe themselves as slightly or very overweight
- In Connecticut in grade 12, girls (35.2%) are significantly more likely than boys (20.4%) to describe themselves as slightly or very overweight; while nationally, in every grade (9-12), the percentage of girls who believe they are overweight is significantly higher than among boys
- In high school, students who describe themselves as slightly or very overweight are significantly more likely than students who do not describe themselves that way to report that their health is fair or poor (17% and 4.8%)—*data not shown on graphs*
- In high school, girls (59.8%) are significantly more likely than boys (31.1%) to be trying to lose weight
- About one-half (50.1%) of Hispanic high school students are trying to lose weight
- In high school, white (46.4%) students are significantly more likely than black (34.2%) students to be trying to lose weight

Weight-related issues and attitudes among Connecticut and US students
by grade and sex



High school students who are trying to lose weight
and students who describe themselves as overweight
by sex and race/ethnicity

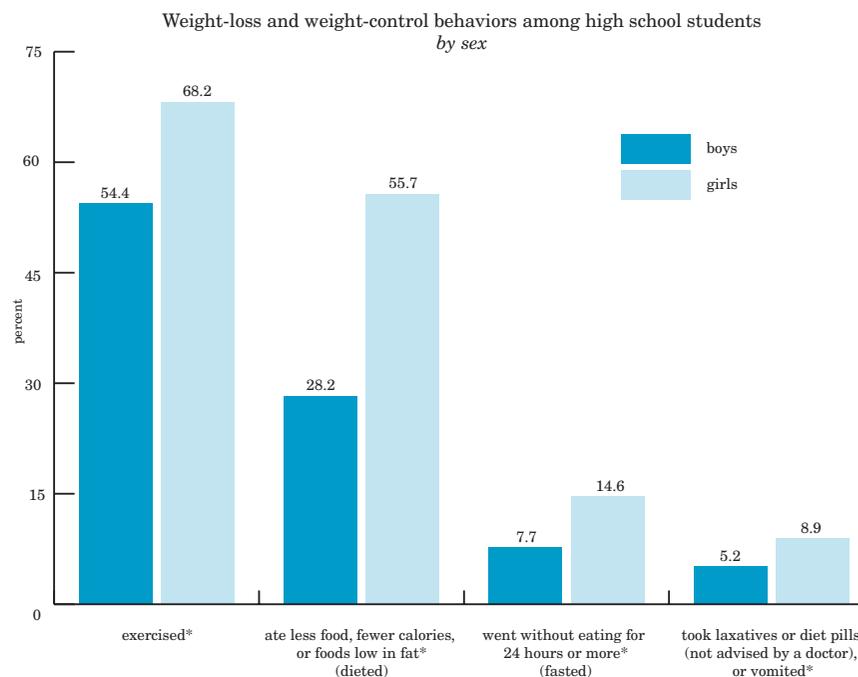
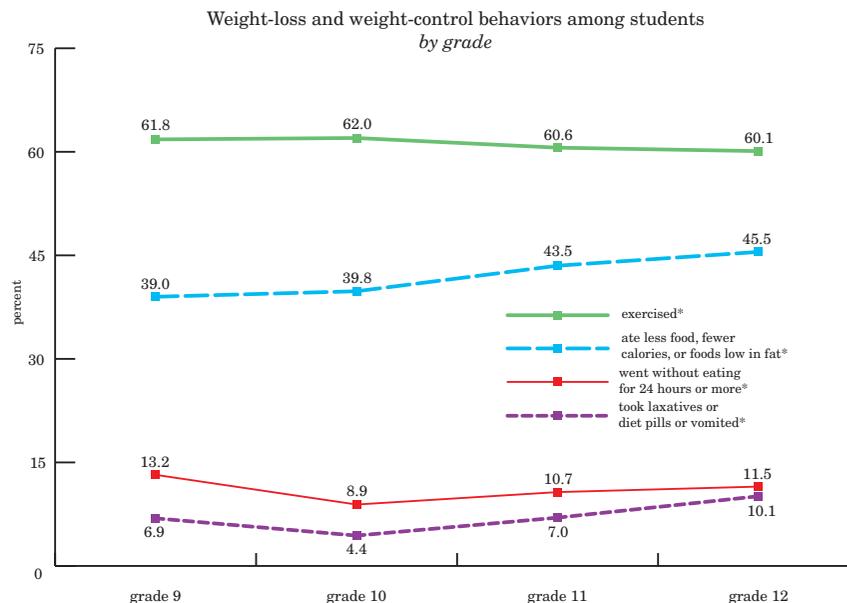


*non-Hispanic



WEIGHT-LOSS AND WEIGHT-CONTROL BEHAVIORS

- From grade 9 through grade 12, approximately 60% of students exercised in the past 30 days to lose weight or to keep from gaining weight
- The percentage of students who ate less food, fewer calories, or foods low in fat in the 30 days preceding the survey to lose weight or to keep from gaining weight (dieted) varies by grade between 39% and 45.5%; in each grade, the percentages are statistically similar to those for students nationally—*US data not shown graphs*
- To lose weight or to keep from gaining weight, in the 30 days prior to the survey, an estimated 71,000 high school students dieted (41.8%), and approximately 103,500 exercised (61.1%)—*data not shown on graphs*
- High school girls (55.7%) are about twice as likely as high school boys (28.2%) to have dieted during the past 30 days to lose or to control their weight, and the difference is statistically significant
- High school girls are more likely than high school boys to have engaged in unhealthy behaviors in the 30 days prior to the survey to lose or control their weight, such as fasting for 24 hours or more, vomiting, using laxatives, or taking diet pills without a doctor's advice

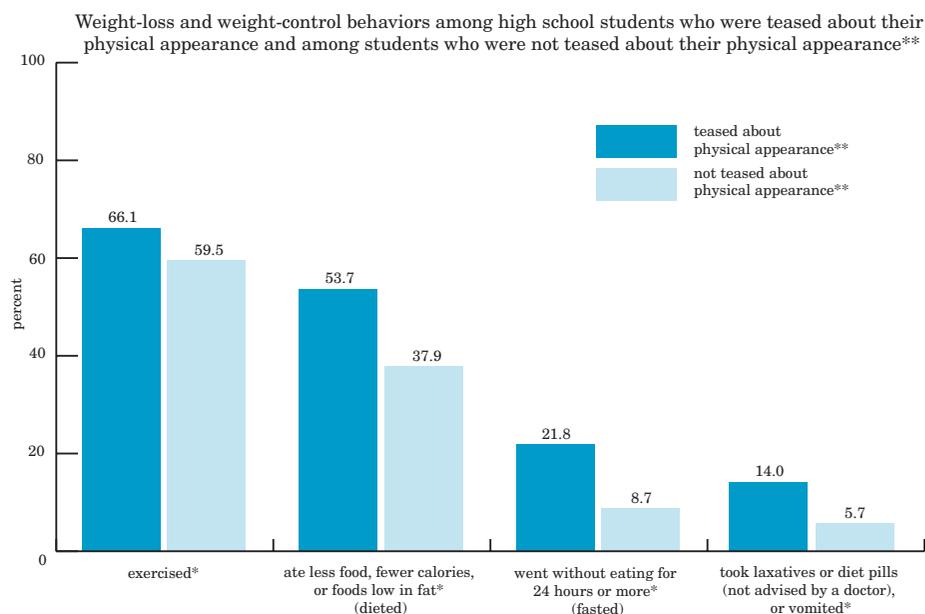
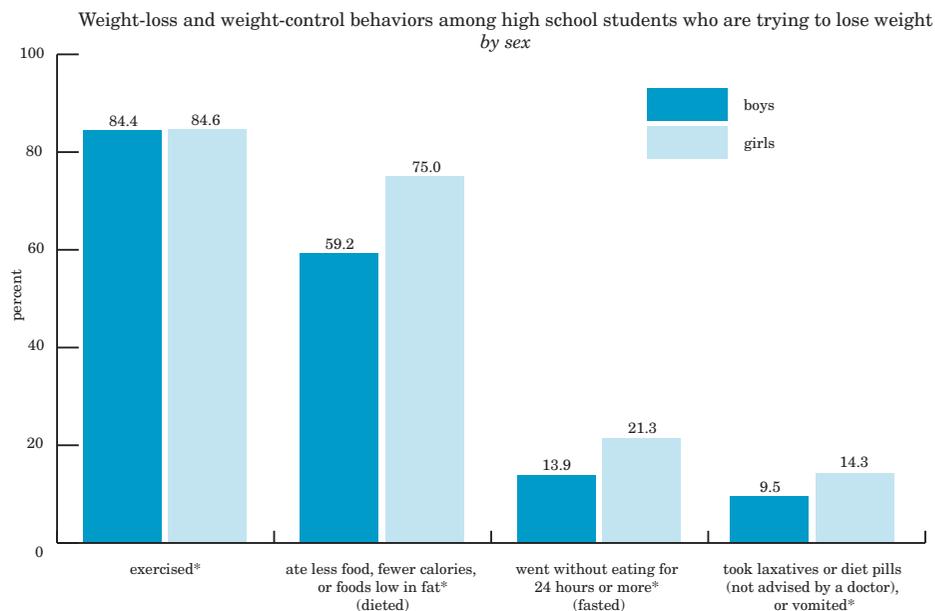


*in the past 30 days



WEIGHT-LOSS AND WEIGHT-CONTROL BEHAVIORS, (CONTINUED)

- Among high school students who are trying to lose weight, in the past 30 days, nearly 85% of boys and girls exercised to lose weight or keep from gaining weight
- Three-quarters (75%) of high school girls who are trying to lose weight dieted during the 30 days prior to the survey, which is significantly more than among their male counterparts (59.2%)
- Students who were teased about their physical appearance at least once in the 12 months prior to the survey are significantly more likely than students who were not teased to have engaged in unhealthy dietary behaviors in the past 30 days to lose weight or to keep from gaining weight, such as fasting (21.8% and 8.7%); and using laxatives or taking diet pills without a doctor's advice or vomiting (14% and 5.7%). They are also significantly more likely to have dieted (53.7% and 37.9%)



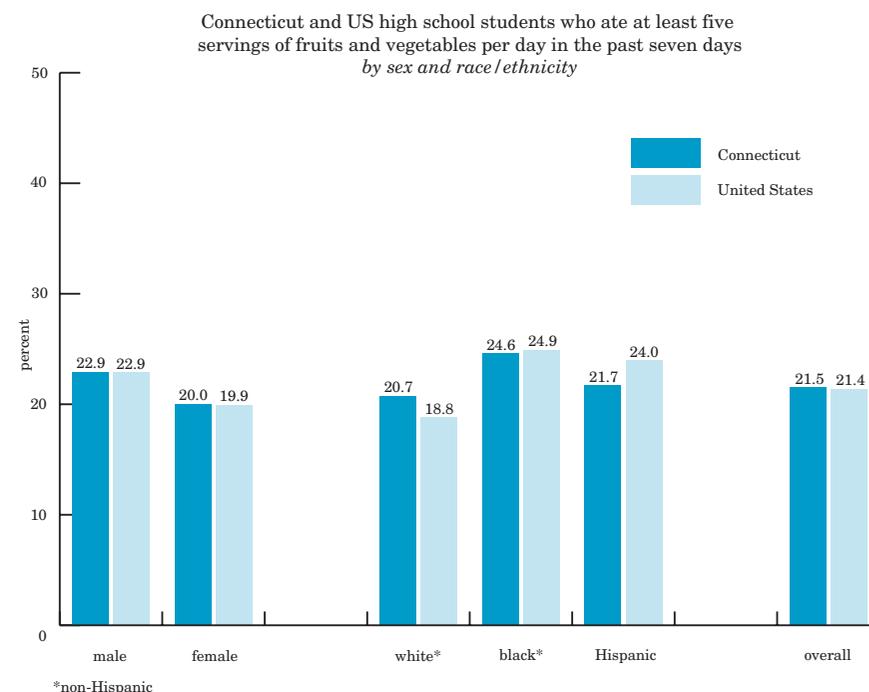
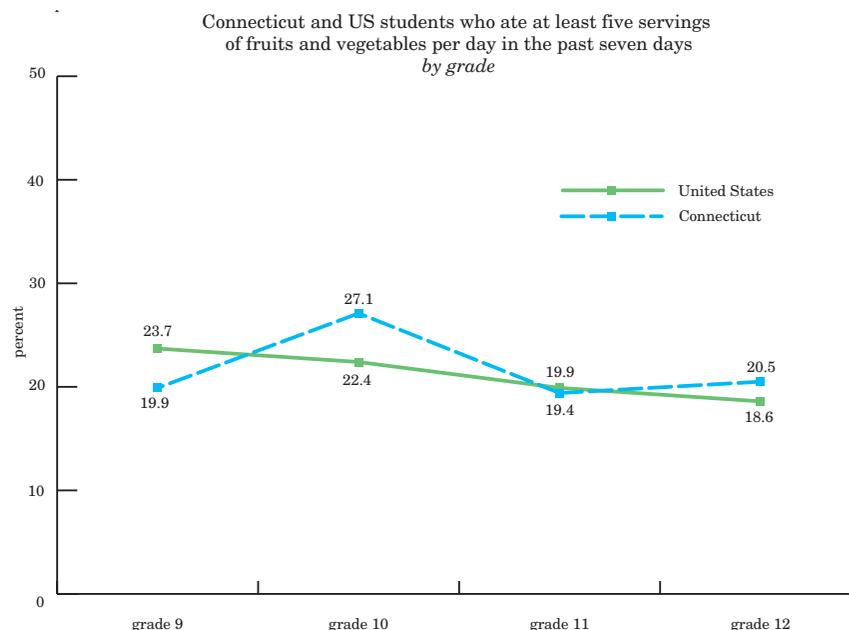
*in the past 30 days

**in the past 12 months



DIETARY BEHAVIORS

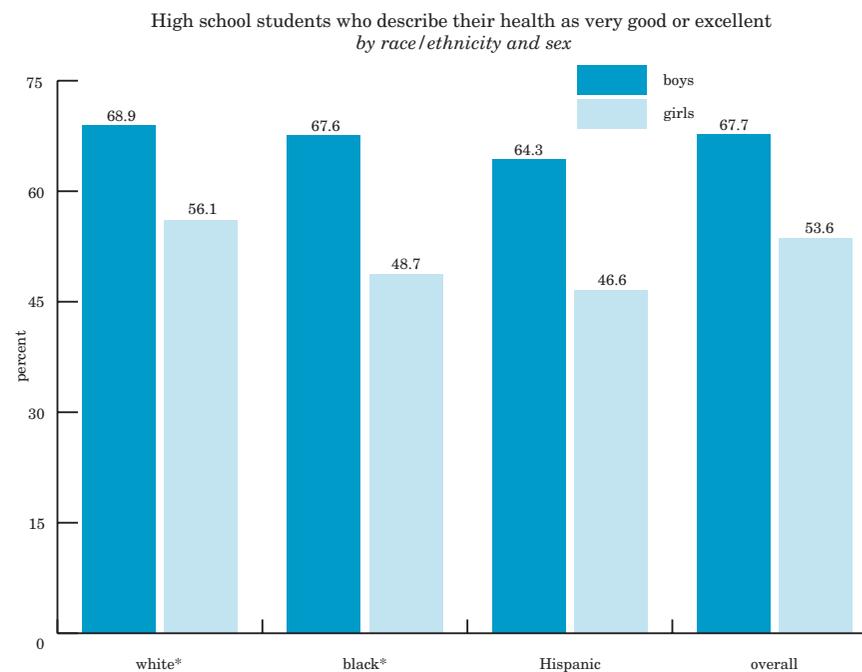
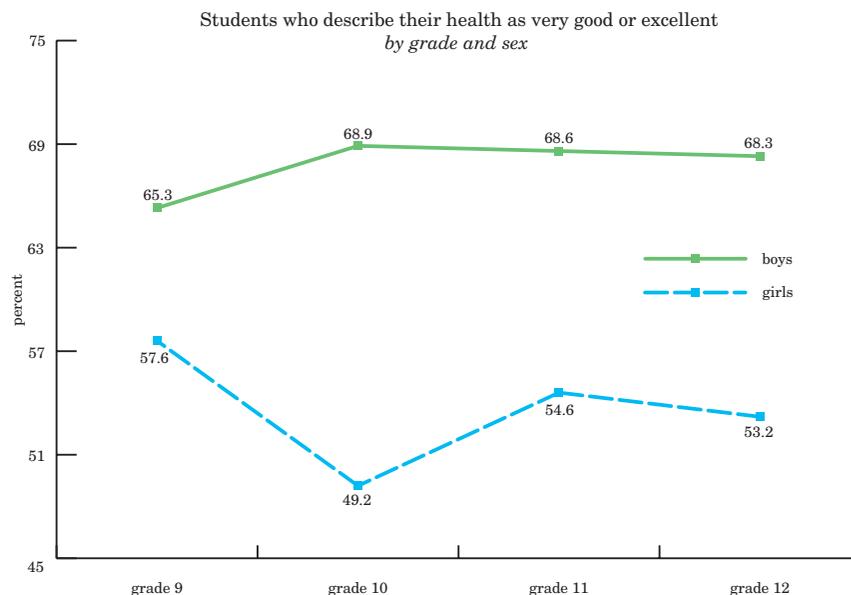
- The percentage of Connecticut students who ate at least five servings of fruits and vegetables per day in the past seven days varies by grade from 19.9% to 27.1%
- Connecticut high school boys and girls are as equally likely as their US counterparts to have eaten five or more servings of fruits and vegetables per day in the seven days prior to the survey
- In Connecticut, high school black (24.6%) students are slightly more likely than their white (20.7%) and Hispanic (21.7%) counterparts to have eaten five or more servings of fruits and vegetables per day in the week prior to the survey
- In the week prior to the survey, approximately 36,400 high school students in Connecticut (21.5%) ate the recommended five or more servings of fruits and vegetables per day



**Protective Factors
and
Other Health-Related
Topics**

STUDENT HEALTH

- Boys in grades 10 (68.9%) and 11 (68.6%) are significantly more likely than their female counterparts (49.2% and 54.6%, respectively) to report that their health is very good or excellent
- Fewer than one-half of girls in grade 10 (49.2%) describe their health as very good or excellent
- Among white high school students, boys (68.9%) are significantly more likely than girls (56.1%) to say that their health is very good or excellent
- High school students who are non-smokers (64%) are significantly more likely than high school students who are current smokers (47.3%) to describe their health as either very good or excellent—*data not shown on graphs*
- Among high school black students, boys (67.6%) are more likely than girls (48.7%) to describe their health as very good or excellent; this is also true among Hispanic boys (64.3%) and girls (46.6%). The differences are not statistically significant
- High school boys (67.7%) are significantly more likely than high school girls (53.6%) to describe their health as very good or excellent
- In high school, boys who are non-smokers (70.5%) are significantly more likely than those who are current smokers (56.3%) to describe their health as very good or excellent. The same is true among girls (57.3% and 39.8%)—*data not shown on graphs*

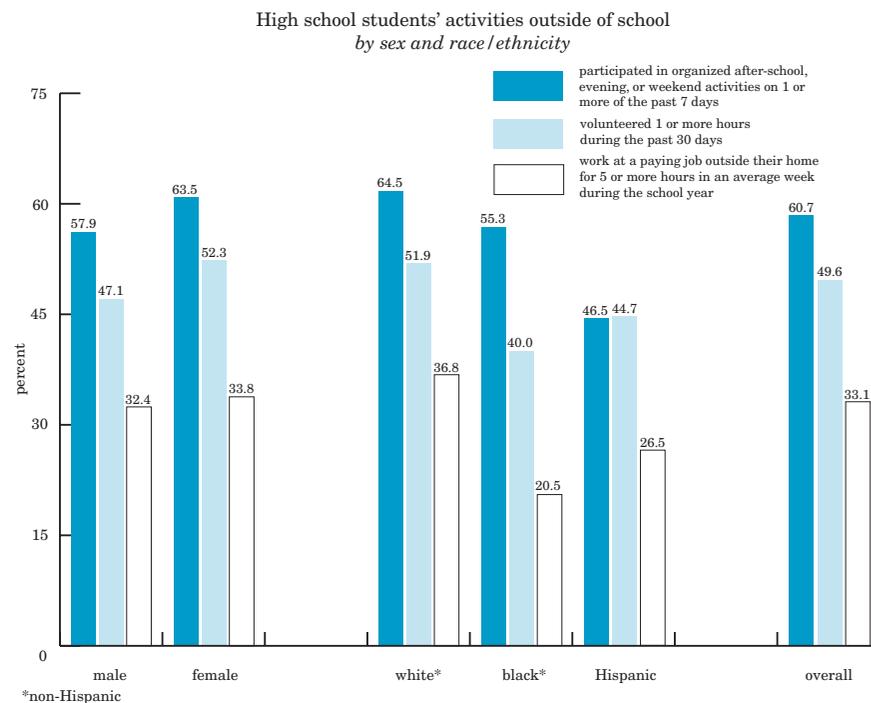
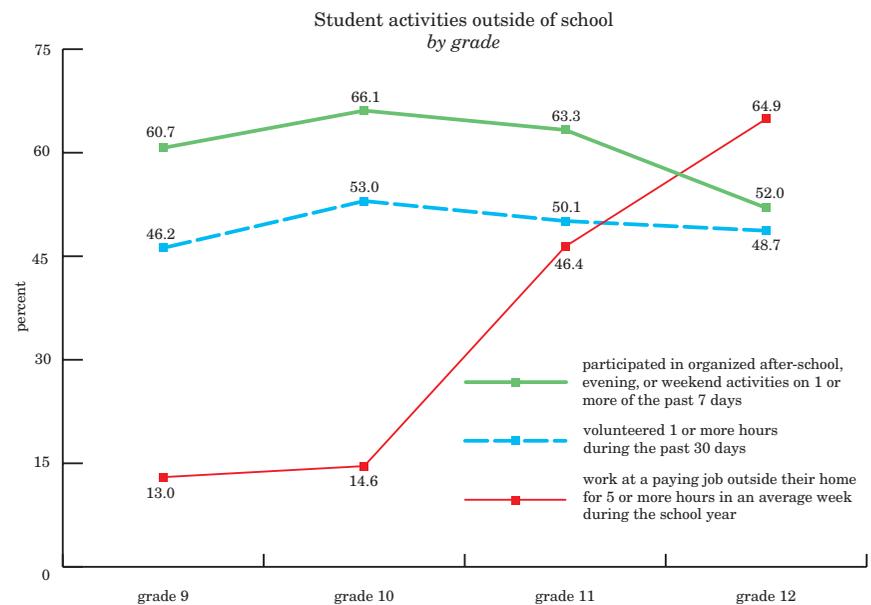


*non-Hispanic



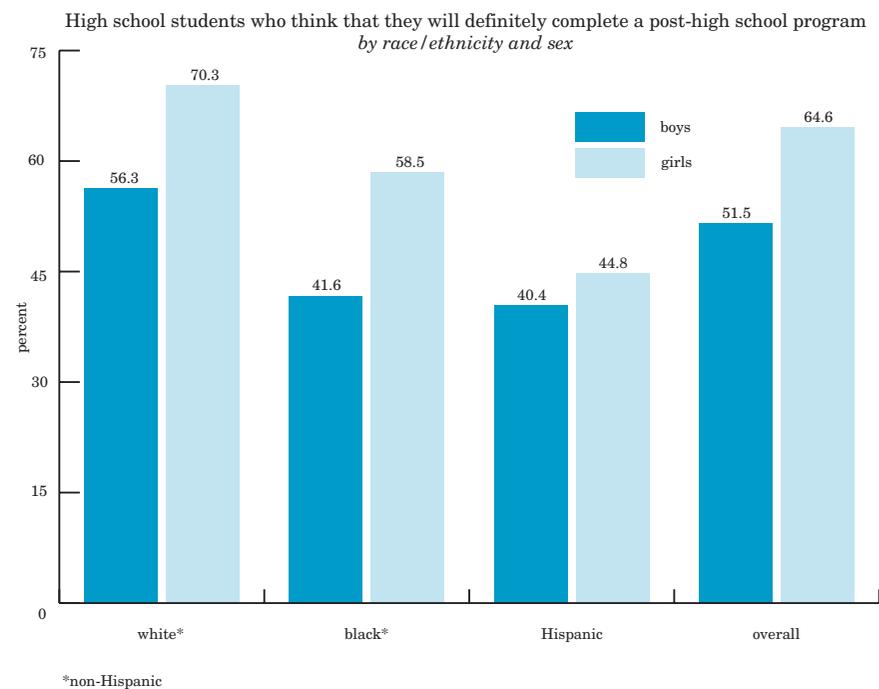
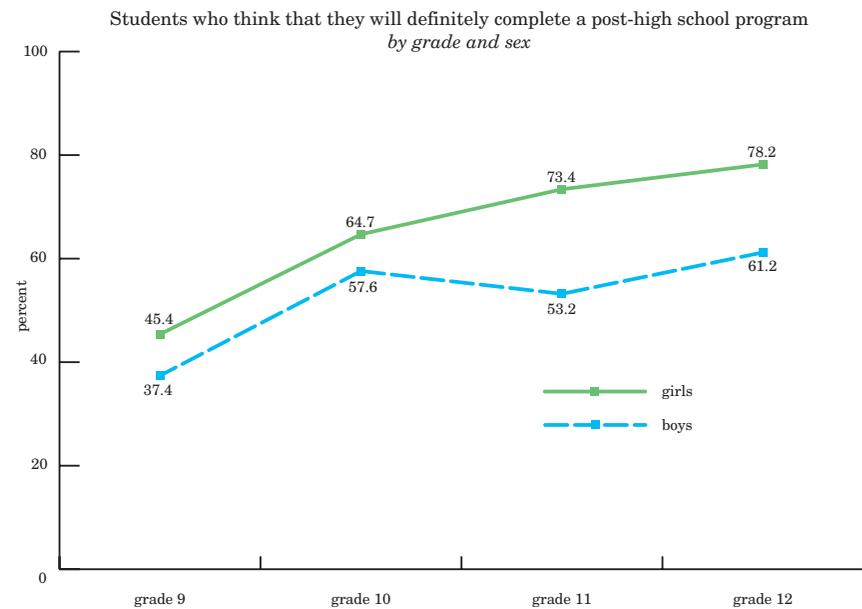
STUDENT ACTIVITIES OUTSIDE OF SCHOOL

- The percentage of students who participated in organized after-school, evening, or weekend activities on one or more of the past seven days varies by grade between 52% and 66.1%. There are no significant differences between any of the grades
- The percentage of students who work at a paying job outside their home for five or more hours in an average week during the school year increases significantly between grades 10 and 11 and grades 11 and 12
- In high school, white (64.5%) students are significantly more likely than Hispanic (46.5%) students to have participated in organized after-school, evening, or weekend activities on one or more of the seven days prior to the survey
- Among all high school students, nearly one-half (49.6%) did at least one hour of volunteer work in the 30 days prior to the survey
- About one-third (33.1%) of high school students work at a paying job outside their home for five or more hours in an average week during the school year
- In high school, white (36.8%) students are significantly more likely than black (20.5%) students to work at a paying job for five or more hours in an average week during the school year



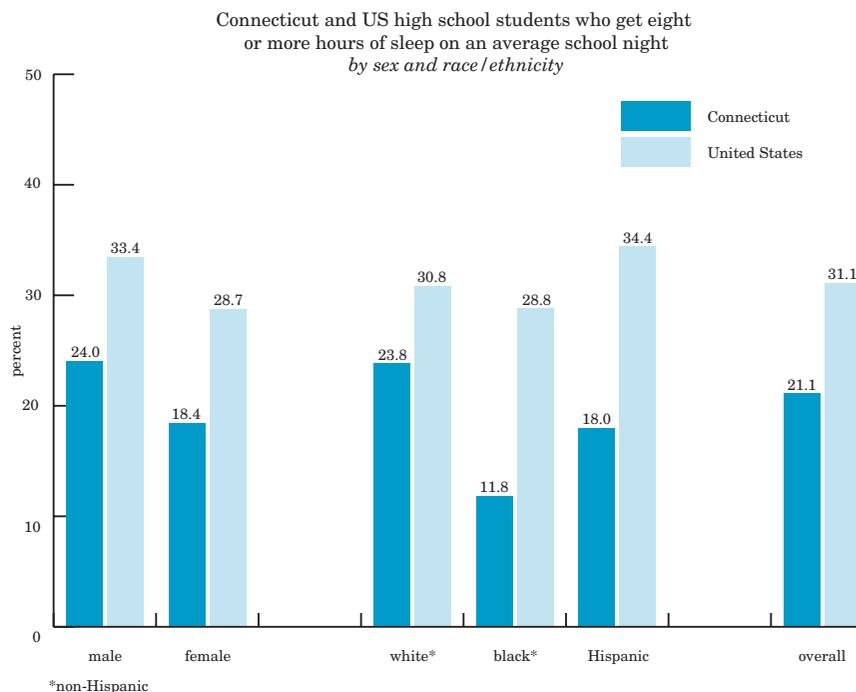
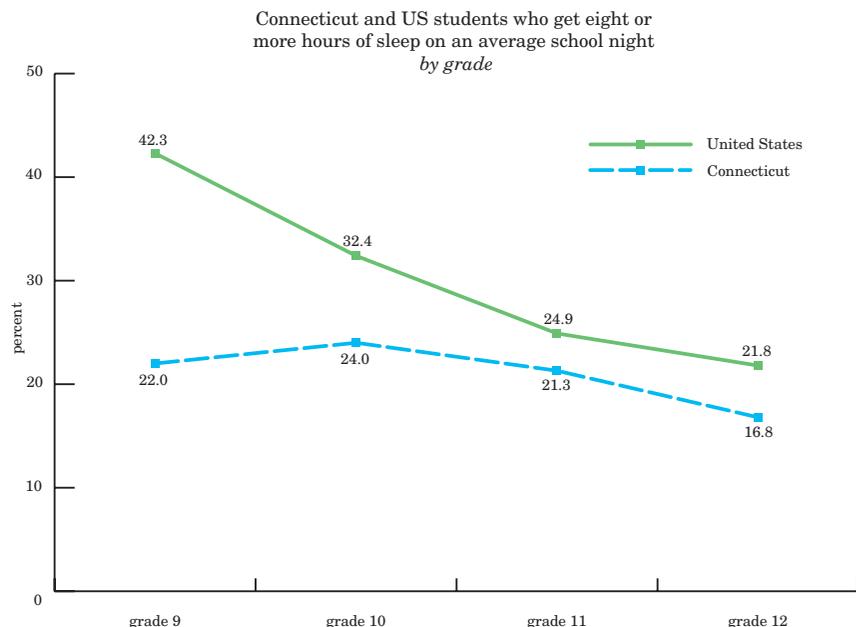
POST-GRADUATION PLANS

- An estimated 95,700 high school students (57.8%) think that they will definitely complete a post-high school program (such as vocational training, military service, community college, or 4-year college)—*data not shown on graphs*
- In grades 11 and 12, girls are significantly more likely than boys to believe that they will definitely complete a post-high school program
- Among high school boys, more than 50% of white students think that they will definitely complete a post-high school program, compared to slightly more than 40% of black and Hispanic students. Although, there are no significant differences between any of the groups
- In high school, white (70.3%) and black (58.5%) girls are significantly more likely than their male counterparts (56.3% and 41.6%, respectively) to think that they will definitely complete a post-high school program
- Among high school girls, white (70.3%) students are significantly more likely than Hispanic (44.8%) students to believe that they will complete a post-high school program
- High school girls (64.6%) are significantly more likely than high school boys (51.5%) to think that they will definitely complete a post-high school program



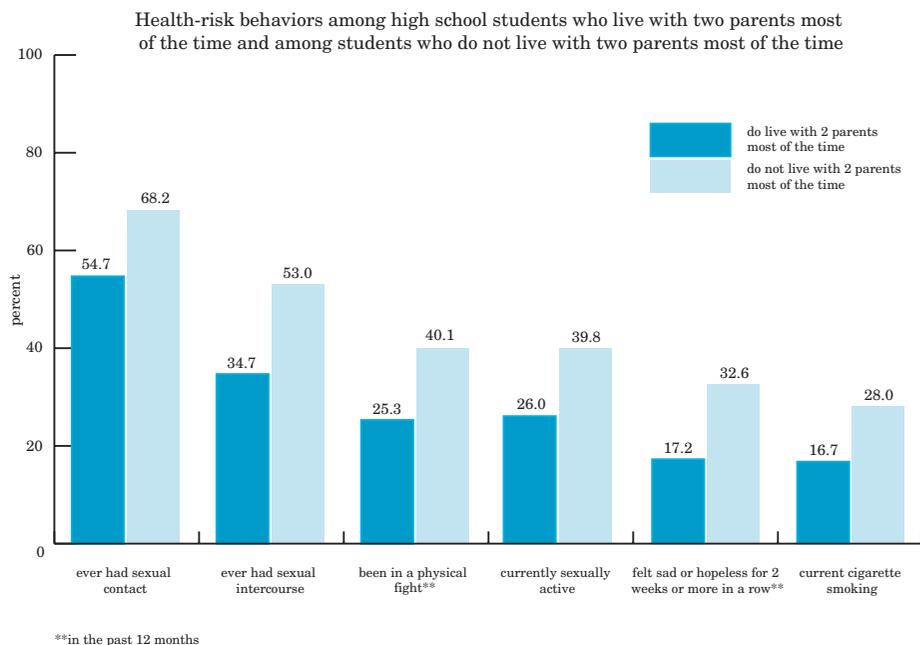
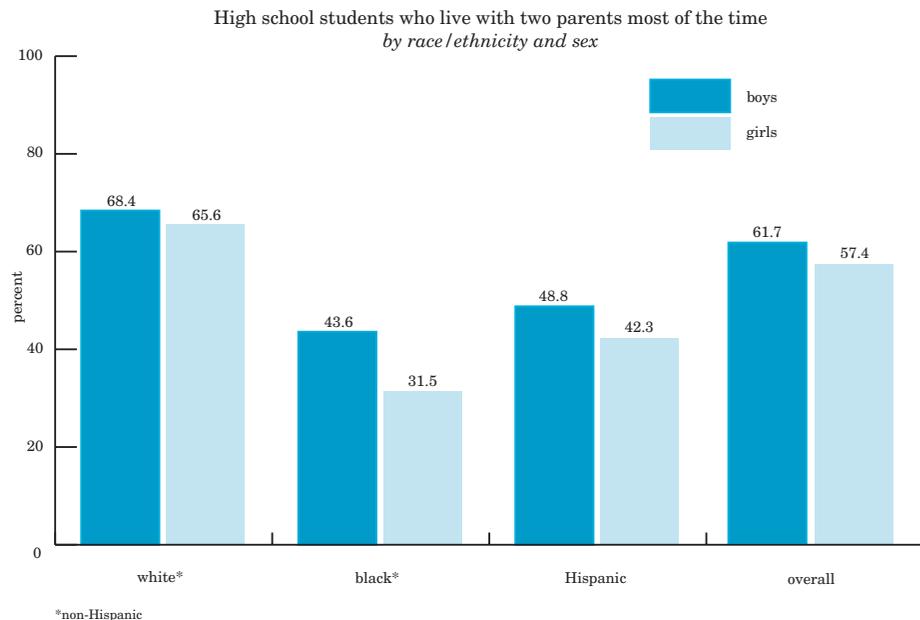
SLEEP

- The percentage of Connecticut students who get eight or more hours of sleep on an average school night varies by grade between 16.8% and 24%. There are no significant differences between any of the grades
- In grade 9, students in Connecticut (22%) are significantly less likely than students nationally (42.3%) to get eight or more hours of sleep on an average school night
- Connecticut high school boys (24%) and girls (18.4%) are significantly less likely than their US counterparts (33.4% and 28.7%, respectively) to get eight or more hours of sleep on an average school night
- In high school, US black (28.8%) students are nearly 2.5 times more likely than Connecticut black (11.8%) students to get eight or more hours of sleep on an average school night, and US Hispanic (34.4%) students are twice as likely as Connecticut Hispanic (18%) students to sleep eight or more hours. Both differences are statistically significant
- In high school in Connecticut, white (23.8%) students are significantly more likely than black (11.8%) students to get eight or more hours of sleep on an average school night
- US high school students (31.1%) are significantly more likely than Connecticut high school students (21.1%) to get eight or more hours of sleep on an average school night



LIVE WITH 2 PARENTS MOST OF THE TIME

- The percentage of high school students who live with two parents most of the time varies by grade between 57.9% in grade 12 and 61.4% in grade 11. None of the differences between any of the grades are statistically significant—*data not shown on graphs*
- An estimated 99,300 high school students in Connecticut (59.6%) live with two parents most of the time—*data not shown on graphs*
- High school boys (61.7%) are slightly more likely than girls (57.4%) to live with two parents most of the time
- Among high school boys, white (68.4%) students are significantly more likely than black (43.6%) and Hispanic (48.8%) students to live with two parents most of the time
- Among high school girls, white (65.6%) students are significantly more likely than black (31.5%) and Hispanic (42.3%) students to live with two parents most of the time
- In high school, students who live with two parents most of the time are significantly less likely than students who do not live with two parents most of the time:
 - To have ever had sexual contact (54.7% and 68.2%)
 - To have ever had sexual intercourse (34.7% and 53%)
 - To have been in a physical fight in the past year (25.3% and 40.1%)
 - To be currently sexually active (26% and 39.8%)
 - To have felt so sad or hopeless for two weeks or more in a row in the past year that they stopped doing some usual activities (17.2% and 32.6%)
 - To have smoked cigarettes on 1 or more of the past 30 days (current cigarette smoking) (16.7% and 28%)
 - In high school, girls who do not live with two parents most of the time (22.9%) are nearly twice as likely as their male counterparts (13%) to have seriously considered attempting suicide at least once in the past year. The difference is statistically significant—*data not shown on graphs*

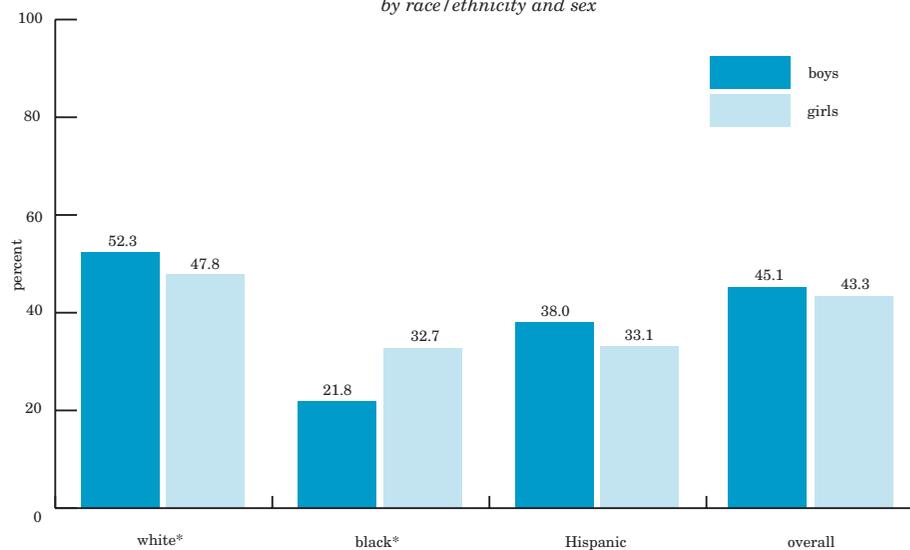


MEALS WITH FAMILY

- The percentage of students who ate at least one meal with their family on five or more of the seven days prior to the survey decreases by grade from 51.9% in grade 9 to 33.1% in grade 12—*data not shown on graphs*
- Among high school boys, white (52.3%) and Hispanic (38%) students are significantly more likely than black (21.8%) students to have eaten at least one meal with their family on five or more of the past seven days
- Among high school girls, white (47.8%) students are more likely than black (32.7%) and Hispanic (33.1%) students to have eaten at least one meal with their family on five or more of the past seven days, but there are no significant differences between any of the groups
- In comparison to high school students who did not have at least one meal with their family on five or more of the seven days prior to the survey, high school students who did have at least one meal with their family on five or more of the past seven days are (*all of the following differences are statistically significant*):
 - 25% less likely to have ever had sexual contact
 - 27% less likely to currently drink alcohol
 - 44% less likely to have ever had sexual intercourse
 - 46% less likely to be currently sexually active
 - 44% less likely to have felt so sad or hopeless every day for 2 weeks or more in a row in the past year that they stopped doing some usual activities
 - 51% less likely to be current marijuana users
 - 54% less likely to be current cigarette smokers
 - 38% less likely to have, in the past year, seriously considered attempting suicide
 - 52% less likely to have attempted suicide in the past year
 - 56% less likely to have ever been physically forced to have sexual intercourse when they did not want to
- High school students who had at least one meal with their family on five or more of the past seven days are significantly less likely than their counterparts who did not eat at least one meal with their family on five or more of the past seven days to have had their first drink of alcohol[†] before age 13 (14.5% and 21.4%) and to have used marijuana before age 13 (5.1% and 11.2%) — *data not shown on graphs*

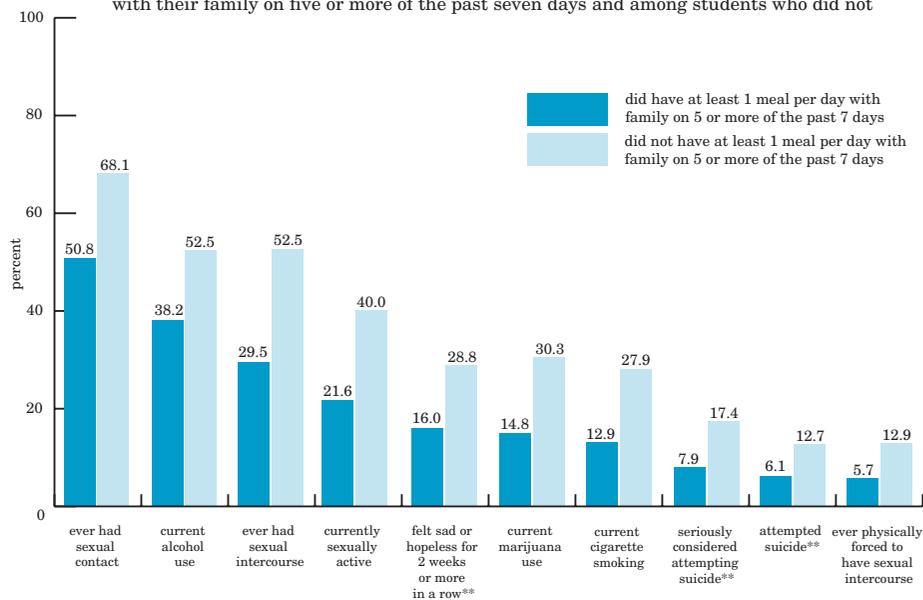
[†] other than a few sips

High school students who ate at least one meal per day with their family on five or more of the past seven days by race/ethnicity and sex



*non-Hispanic

Health-risk behaviors among high school students who ate at least one meal per day with their family on five or more of the past seven days and among students who did not



**in the past 12 months



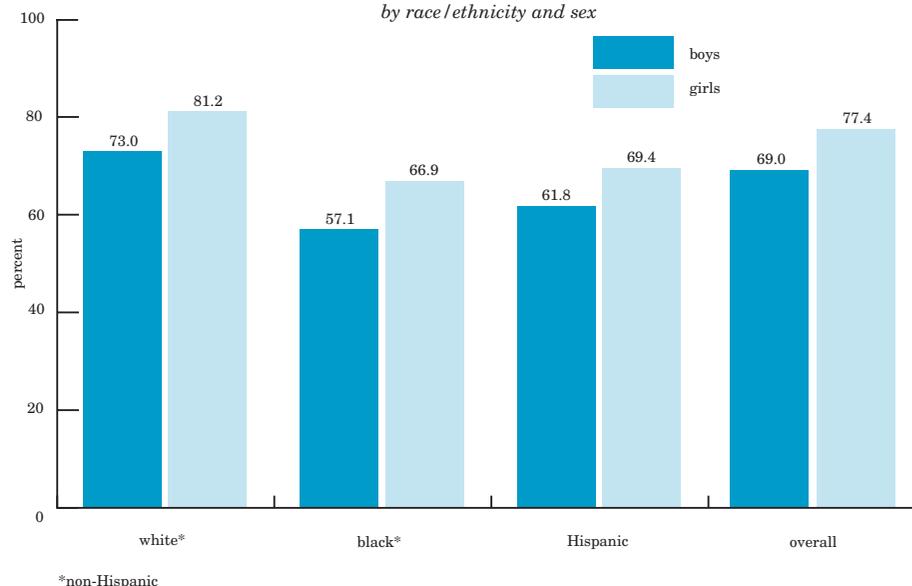
ADULT SUPERVISION

Students were asked, “When you are away from home, how often do your parents or other adults in your family know where you are?”

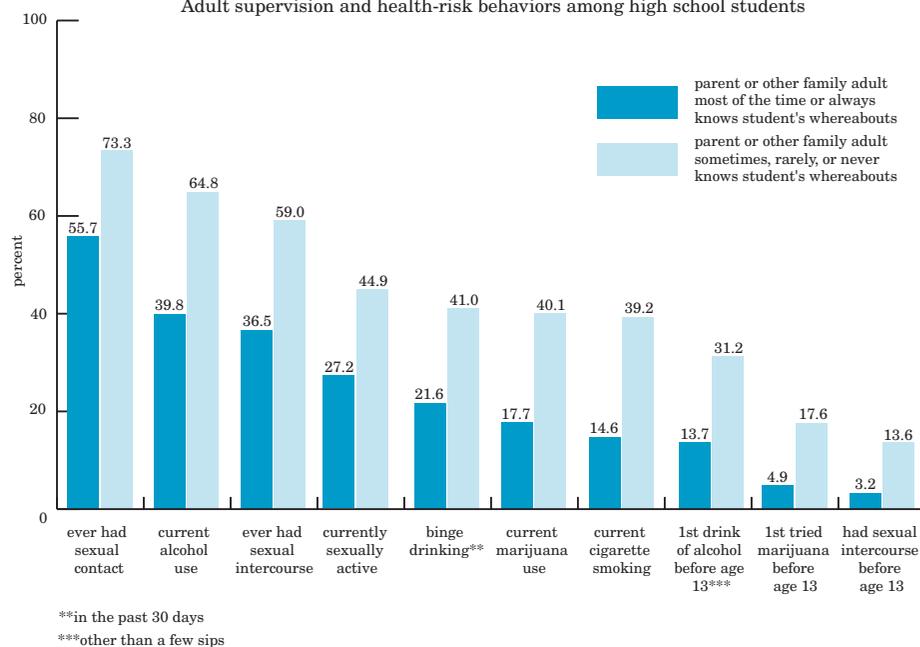
- From grade 9 through grade 12, girls are more likely than boys to have a parent or other adult family member who most of the time or always knows where the student is when the student is away from home—*data not shown on graphs*
- In high school, white girls (81.2%) are significantly more likely than their male counterparts (73%) to have a parent or other adult family member who most of the time or always knows where the student is when the student is away from home
- Among high school boys, white (73%) students are significantly more likely than black (57.1%) students to have a parent or other adult family member who most of the time or always knows where the student is when the student is away from home
- Among high school girls, white (81.2%) students are significantly more likely than black (66.9%) and Hispanic (69.4%) students have a parent or other adult family member who most of the time or always knows where the student is when the student is away from home
- High school students who answered “most of the time” or “always” are significantly less likely than students who answered “sometimes,” “rarely,” or “never” to:
 - have ever had sexual contact (55.7% and 73.3%)
 - currently use alcohol (39.8% and 64.8%)
 - have ever had sexual intercourse (36.5% and 59%)
 - be currently sexually active (27.2% and 44.9%)
 - have engaged in binge drinking** (21.6% and 41%)
 - currently use marijuana (17.7% and 40.1%)
 - currently smoke cigarettes (14.6% and 39.2%)
 - have had their first drink of alcohol before age 13†† (13.7% and 31.2%)
 - have tried marijuana before age 13 (4.9% and 17.6%)
 - have had sexual intercourse before age 13 (3.2% and 13.6%)

** in the past 30 days
†† other than a few sips

High school students whose parents or other family adults most of the time or always know where the student is when the student is away from home
by race / ethnicity and sex



Adult supervision and health-risk behaviors among high school students



FAMILY LOVE AND SUPPORT

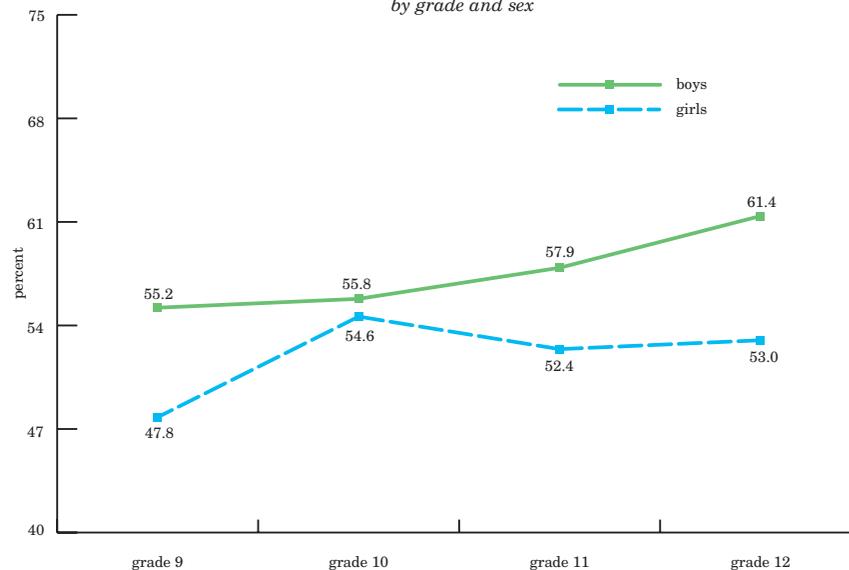
Students were asked, “Do you agree or disagree that your family loves you and gives you help and support when you need it?”

- From grade 9 through grade 12 boys are more likely than girls to say that they strongly agree
- In grade 12, boys (61.4%) are nearly 20% more likely than girls (53%) to say that they strongly agree
- High school students who answered “strongly agree” are significantly less likely than students who answered “disagree” or “strongly disagree” to:
 - have ever had sexual intercourse (39.1% and 61.5%)
 - be currently sexually active (29.3% and 50.3%)
 - have engaged in binge drinking* (23.8% and 41.3%)
 - currently use marijuana (19.3% and 39.5%)
 - currently smoke cigarettes (17.1% and 41.7%)
 - have felt so sad or hopeless for two weeks or more in a row in the past year that they stopped doing some usual activities (16% and 56.8%)
 - have had their first drink of alcohol before age 13[†] (15% and 38.4%)
 - have, in the past year, seriously considered attempting suicide (7.8% and 35.6%)
 - have attempted suicide at least once in the past year (6.8% and 25.5%)
 - have tried marijuana before age 13 (5.4% and 29.8%)
 - have had sexual intercourse before age 13 (4.5% and 17.2%)

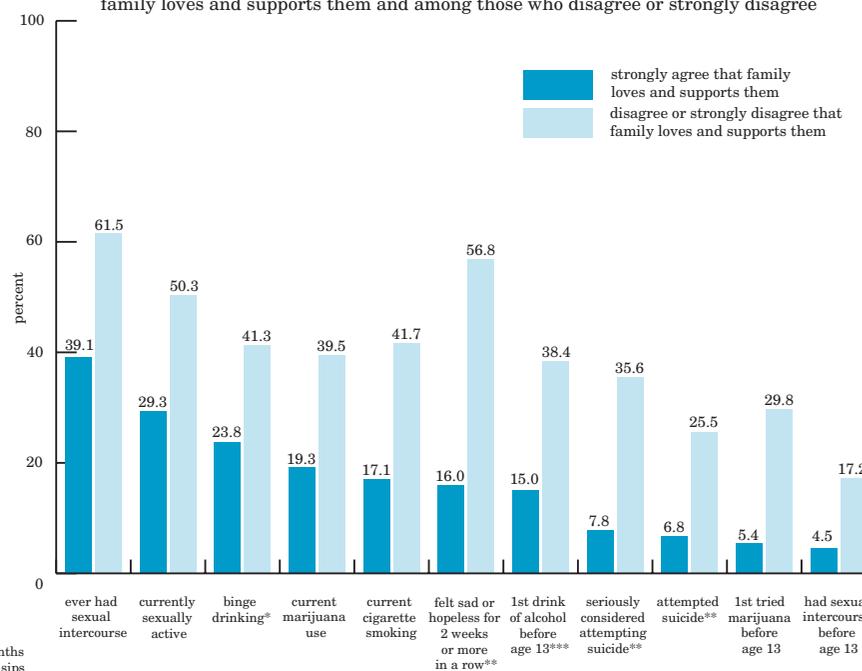
* in the past 30 days
 † other than a few sips

*in the past 30 days
 **in the past 12 months
 ***other than a few sips

Students who strongly agree that their family loves and supports them by grade and sex



Health-risk behaviors among high school students who strongly agree that their family loves and supports them and among those who disagree or strongly disagree



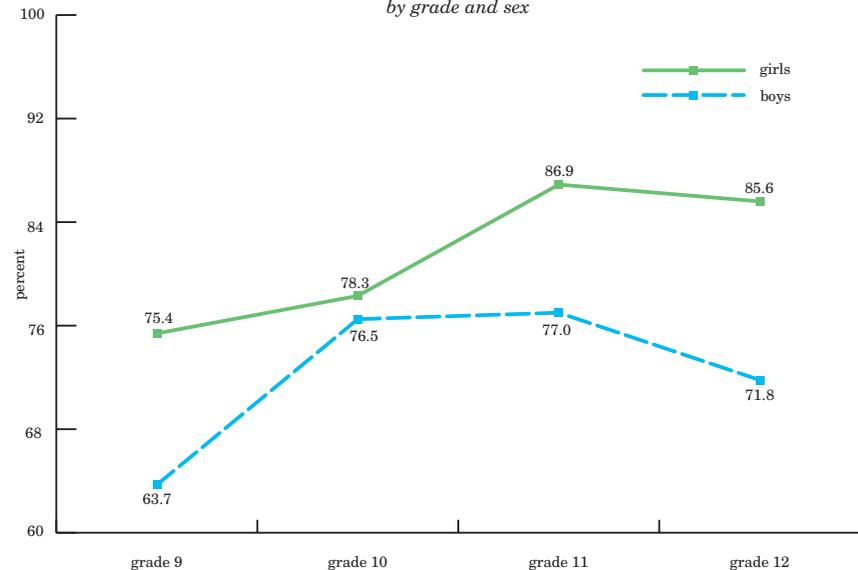
ADULT GUIDANCE

- The percentage of students who most of the time or always get the help that they need when they feel sad, empty, hopeless, angry, or anxious varies by grade between 26.9% (grade 9) and 33.1% (grade 10)[†]—*data not shown on graphs*
- In grade 9 and in grade 12, girls are significantly more likely than boys to have at least one adult besides their parents they feel comfortable seeking help from if they have an important question affecting their lives
- More than three-quarters (76.8%) of high school students have at least one adult other than a parent they feel comfortable seeking help from if they have an important question affecting their lives—*data not shown on graphs*
- High school girls (81.5%) are significantly more likely than high school boys (72.1%) to have one or more adults besides their parents they feel comfortable seeking help from if they have an important question affecting their lives—*data not shown on graphs*
- High school students who have at least one adult other than a parent they feel comfortable seeking help from if they have an important question affecting their lives are significantly less likely than their counterparts who do not have another adult seek help from to:
 - have felt so sad or hopeless for two weeks or more in a row in the past year that they stopped doing some usual activities (21.7% and 28.3%)
 - have, in the past year, seriously considered attempting suicide (11.4% and 19.2%)
 - have attempted suicide in the past year (7.8% and 13.5%)

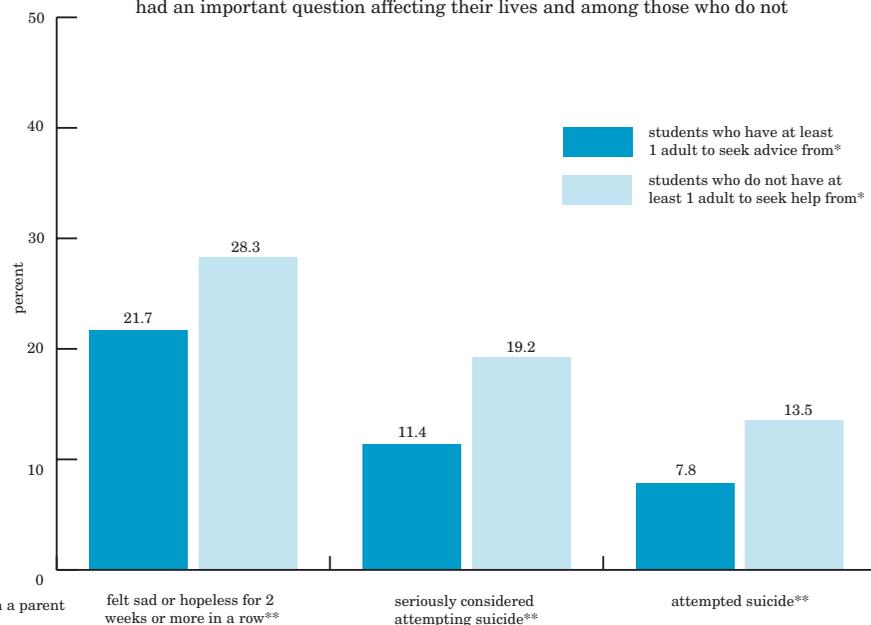
[†] among students who have felt sad, empty, hopeless, angry, or anxious

*other than a parent
**in the past 12 months

Students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their lives by grade and sex



Health-risk behaviors among high school students who have at least one adult other than a parent they feel comfortable seeking help from if they had an important question affecting their lives and among those who do not



YOUTH TOBACCO COMPONENT

2007
CONNECTICUT SCHOOL HEALTH SURVEY REPORT
YOUTH TOBACCO COMPONENT

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INTRODUCTION TO THE YOUTH TOBACCO COMPONENT OF THE CONNECTICUT SCHOOL HEALTH SURVEY

Tobacco use is the single most preventable cause of death and disease in the United States. People begin using tobacco in early adolescence; almost all first use occurs before age 18. An estimated 45 million American adults currently smoke cigarettes. Annually, cigarette smoking causes approximately 438,000 deaths. For every person who dies from tobacco use, another 20 suffer with at least one serious tobacco-related illness. Half of all long-term smokers die prematurely from smoking-related causes. This addiction costs the nation more than \$96 billion per year in direct medical expenses, as well as more than \$97 billion annually in lost productivity. Furthermore, exposure to secondhand smoke causes premature death and disease in nonsmokers. In 2005, the Society of Actuaries estimated that the effects of exposure to secondhand smoke cost the United States \$10 billion per year.[†]

The Connecticut School Health Survey (CSHS) is a comprehensive survey that consists of two components: the Youth Tobacco Component (YTC) and the Youth Behavior Component (YBC). The YTC is a school-based state-level survey of young people in grades 6 through 12. Core questions assess students' attitudes, perceptions, and behaviors related to tobacco use and exposure to secondhand smoke, as well as their exposure to prevention curricula, community programs, and media messages aimed at preventing and reducing youth tobacco use. The YTC also collects information on the effectiveness of enforcement measures. The survey provides valuable data to guide and evaluate youth tobacco prevention efforts and cessation programs within our state. Between February and June 2007, the Connecticut Department of Public Health (DPH) conducted the CSHS in cooperation with Centers for Disease Control and Prevention (CDC), the Connecticut State Department of Education, and partners from school districts and local health departments. The survey was administered to a representative sample of all regular public middle school (grades 6-8) and high school (grades 9-12) students in Connecticut. This survey was previously administered in Connecticut in 2000, 2002, and 2005. In 2000 and 2002, the YTC of the CSHS was administered as the Connecticut Youth Tobacco Survey (CYTS). The CYTS consisted of the same core questions as the CSHS YTC but was administered to regular middle and high school students in public *and* private schools in Connecticut.

The 2007 YTC was made up of 83 questions developed by CDC and DPH. In total, 2,272 students from 46 middle schools and 2,031 students from 48 high schools completed the survey (see *Youth Tobacco Component Survey Instrument & Sampling Design* for more details, p. 100). Results are reported separately for middle school students (grades 6-8) and high school students (grades 9-12). When sample size and prevalence rates allow, results are presented by sex and race/ethnicity (white non-Hispanic, black non-Hispanic, and Hispanic).[‡] To help the reader discern true differences between comparison groups, findings that are statistically significant at the $p \leq 0.05$ level are emphasized as “significant” differences.

For the reader's convenience, a *Glossary of Terms* is provided at the end of this report. Also, unless otherwise noted, all data presented and discussed in the YTC section of this report are referring to regular public school students in middle school (grades 6-8) or high school (grades 9-12) in Connecticut.

In the YTC section of the report, a reference to *Healthy People 2010 (HP 2010)* objectives is made where appropriate. *HP 2010* is a US Department of Health and Human Services national strategy for improving the health of American people; it includes 21 specific objectives that are associated with reducing illness, disability, and death that result from tobacco use and environmental tobacco smoke (secondhand smoke) exposure. Most of the *HP 2010* youth tobacco objectives relate only to high school students. The next CSHS will be administered in the spring of 2009.

[†] Centers for Disease Control and Prevention. *Best Practices for Comprehensive Tobacco Control Programs—2007*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; October 2007; p. 7.

[‡] For the 2007 CSHS YTC, race/ethnicity was computed from one of the following questions: 1.) “How do you describe yourself?” (students could choose more than one response) or 2.) “Which one of these groups best describes you?” (students could choose only one response). Response options for both questions were “American Indian or Alaska Native,” “Asian,” “Black or African American,” “Hispanic or Latino,” “Native Hawaiian or Other Pacific Islander,” or “White.” Students who selected “Hispanic or Latino” for either question were classified as “Hispanic.” For students who did not choose “Hispanic or Latino,” their response to “Which group best describes you?” was used. Students were classified as “black” if they selected “Black or African American.” Students were classified as “white” if they selected “White.” Students were classified as “other” if they selected any of the other options except “Hispanic or Latino.” Data are presented only for black, Hispanic and white students because the sample size of students from other racial/ethnic populations was too small for a meaningful analysis.



YOUTH TOBACCO COMPONENT EXECUTIVE SUMMARY

The Connecticut School Health Survey (CSHS) was administered in the spring of 2007. The Youth Tobacco Component (YTC) of the 2007 CSHS consisted of anonymous responses from a representative sample of 4,303 regular public school students in grades 6-12 in Connecticut. The data were weighted (see *Youth Tobacco Component Survey Instrument & Sampling Design* for more details, p.100) and analyzed for this report. These weighted results were used to make important inferences concerning tobacco use risk behaviors of all regular students in middle school (grades 6-8) and in high school (grades 9-12) in the state of Connecticut. The survey covered nine major areas of interest: demographics, prevalence, initiation, cessation, access to tobacco, school-related tobacco issues, attitudes and perceptions, mass media influences, and environmental tobacco smoke. Many of these topic areas are discussed and presented in detail in this report.

PREVALENCE

Approximately 48,600 middle and high school students in Connecticut used some form of tobacco on at least 1 of the 30 days prior to the survey. This translates to 1 in 14 middle school students (7.1%) and slightly more than 1 in 5 high school students (22.6%) currently using tobacco. The most commonly used form of tobacco among students in Connecticut's middle and high schools is cigarettes, while cigars are the second most popular. Less than 4% of middle school students and about 17% of high school students smoke cigarettes, and about 3% of middle school and 11% of high school students are cigar smokers. Smokeless tobacco use, bidi smoking, and pipe smoking rates among Connecticut's middle and high school students are all below 5%.

There are positive signs that the rate of cigarette smoking among Connecticut's students is decreasing. In 2007, students in all grades are smoking less than they were in 2000 and 2002. Between 2000 and 2007, the prevalence of smoking decreased significantly in grades 7, 8, 9, and 11. Since 2000, the rate of cigarette smoking has fallen significantly among middle and high school students. For middle schools students, the rate went from 9.8% in 2000 to the current rate of 3.4%, and for high school, the rate went from 25.6% in 2000 down to 16.9% in 2007. Also, the prevalence of cigarette smoking among high school girls continues to decline. In 2000, 26% smoked cigarettes; currently the rate is 15.2%. The *Healthy People 2010* objective is to reduce cigarette smoking among high school students to no more than 16%.

INITIATION

The data collected from the YTC estimate that nearly 9,800 of Connecticut's students smoked their first whole cigarette before age 11; this is 2.2% of middle school students and 4% of high school students. Among ever smokers, high school boys (11%) are more likely than girls (7.3%) to have smoked their first whole cigarette before they were 11 years old. Of the 78% of high school students who ever smoked a whole cigarette, 65% smoked it when they were 14 years old or older.

CESSATION

In the 12 months prior to the survey, more than 50% of current smokers in both middle and high school tried to quit smoking. In high school, approximately 44% of current smokers tried to quit two or more times over the past 12 months. In high school, about 66% of boys and 55% of the girls who are current smokers and tried to quit in the last year had a most recent quit attempt that lasted seven days or more. More than 80% of current



smokers in Connecticut's high schools believe that they could quit smoking now if they wanted to, yet less than 50% want to quit. It is likely that nicotine addiction is responsible for the difficulties in quitting and for the 44% of high school current smokers and the nearly 70% of frequent smokers who say that they can go only as much as one day before they feel they need a cigarette.

ATTITUDES AND PERCEPTIONS

More than 45,000 middle and high school students in Connecticut who have never smoked are susceptible to starting smoking. Susceptibility is generally defined as the inability to make a steadfast commitment to smoking abstinence, combined with an open attitude about accepting a cigarette offered from a friend. The percentage of susceptible never smokers is similar in both middle school (20.1%) and high school (22%). It is lowest in grade 6 (14%) and highest in grade 9 (25.2%).

Data from the CSHS suggest that when parents are involved in their child's life, it can have a positive effect on the child's behavior. In middle school, current smokers are twice as likely as never smokers to regularly spend five or more hours after school without adult supervision, and in high school, current smokers under the age of 18 are about three times more likely than their counterparts who have never smoked to routinely spend five or more hours after school without an adult present.

The attitude that smoking has social benefits, such as having more friends if you smoke or making you look cool and fit in, is significantly higher among current smokers than among never smokers in both middle and high school. Between middle and high school, positive views held by never smokers about smoking increase. Conversely, the belief among current smokers that smoking has some social advantages, such as having more friends or looking cool, declines significantly during that same time. However, when students were asked if smoking helps young people feel more comfortable at parties or in other social situations, their agreement with that statement becomes stronger between middle and high school for both never smokers and current smokers.

ENVIRONMENTAL TOBACCO SMOKE (ETS)

In Connecticut, more than one-third of students in both middle and high school currently live with someone who smokes cigarettes. This equals about 100,000 students, and of those, more than 54,000 of them have never smoked but are likely being exposed to smoke at home. Over the past several years, while there has been a significant decline in the rate of smoking among Connecticut adults, there has not been a statistically significant decline in the percentage of students who say that they live with someone who smokes.

Additionally, on one or more of the past seven days, an estimated 143,000 students from Connecticut's middle and high schools were in the same room with someone who was smoking cigarettes, and nearly 78,000 of them have never smoked. Current smokers in middle school are three times more likely than never smokers to have been in the same room on at least one day in the past week with someone who was smoking cigarettes. In high school, current smokers are twice as likely as never smokers to have recently been exposed to ETS in a room.

As for exposure to ETS in cars, more than 99,000 middle and high school students rode in a car with someone who was smoking cigarettes on at least one of the seven days preceding the survey. Most of those were high school students (67%). Current smokers in grades 8 through 12 are significantly more likely than never smokers to have been in a car during the past week with someone who was smoking. Furthermore, of the students who were exposed to ETS in a car during the past week, about 46,000 were never smokers.

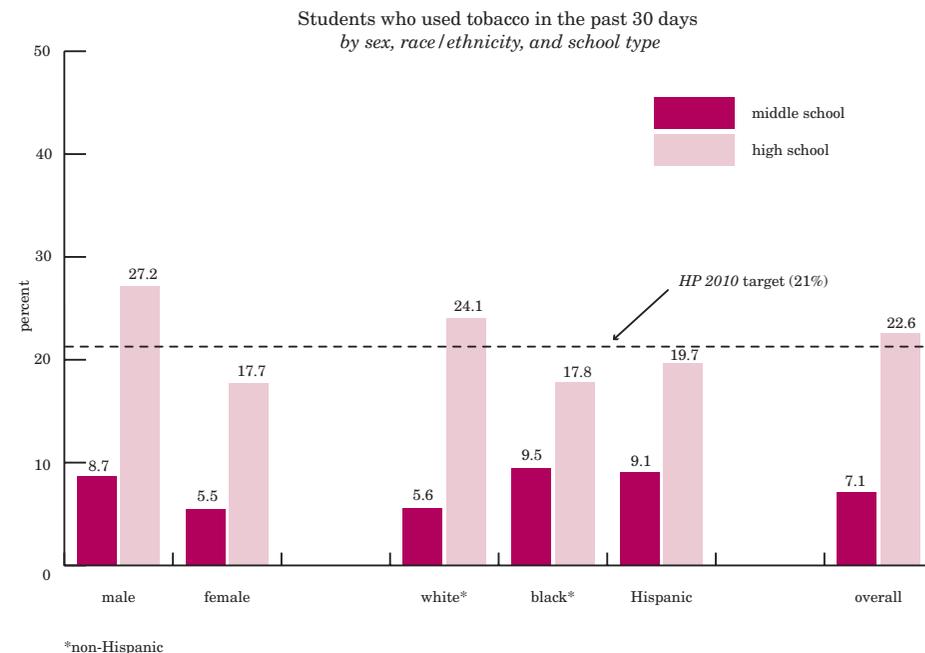
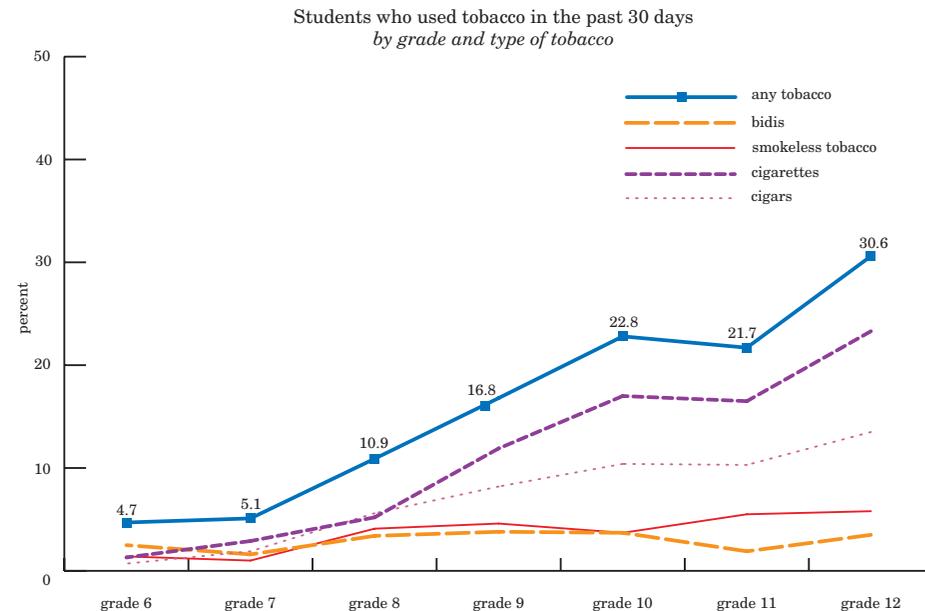


Prevalence of Tobacco Use

ANY TOBACCO USE[†]

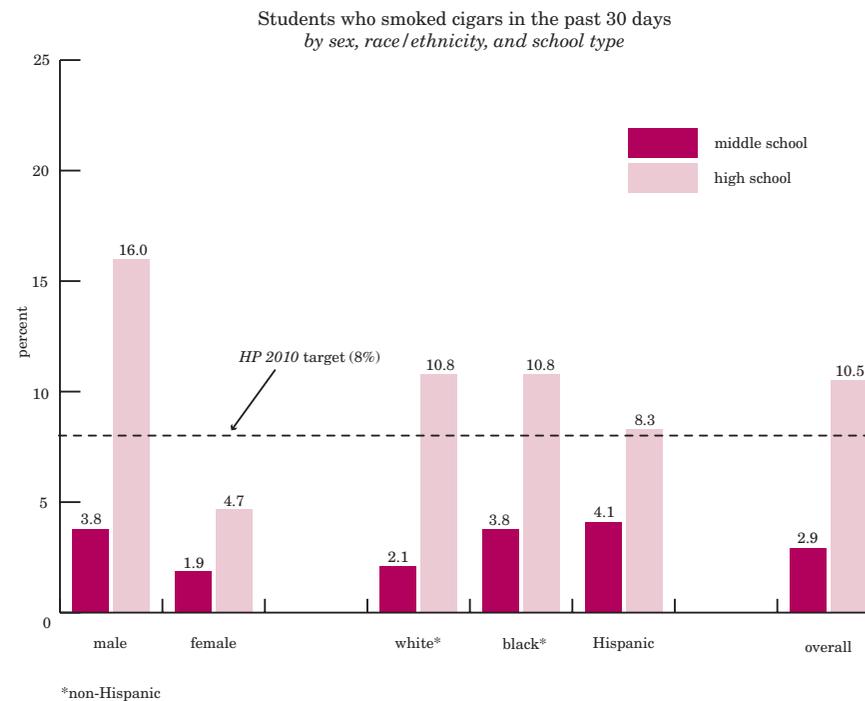
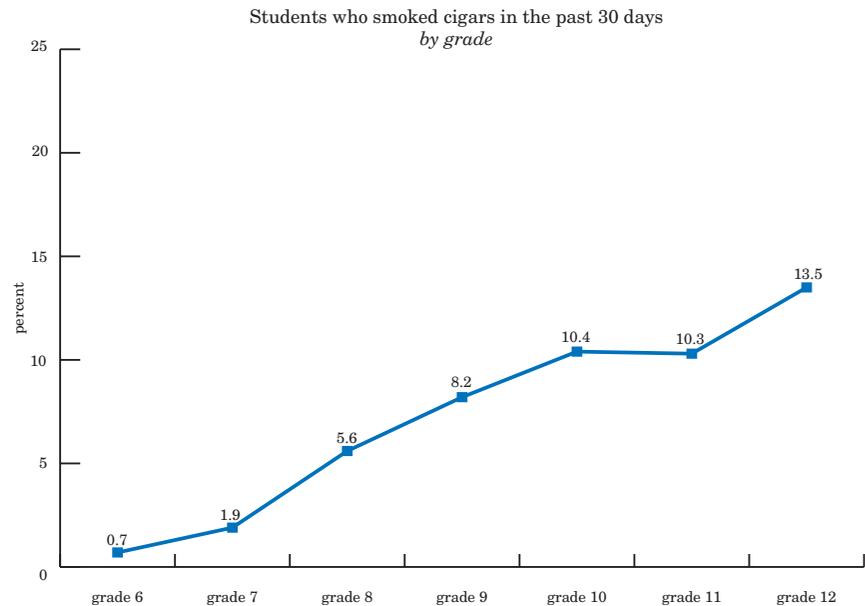
- 48,600 middle and high school students in Connecticut currently use tobacco (cigarettes, cigars, smokeless tobacco, bidis, or pipes)
 - 9,250 middle school students (7.1%) and
 - 39,350 high school students (22.6%)
- In the US, 9.5% of middle school students and 25.6% of high school students currently use tobacco—*data not shown on graphs*
- Tobacco use among boys and girls more than triples between middle and high school
- The rate of tobacco use among white students quadruples from 5.6% in middle school to 24.1% in high school, and during that same time, it approximately doubles for both black and Hispanic students
- In high school, white (24.1%) students are more likely than black (17.8%) and Hispanic (19.7%) students to use tobacco, although none of the differences between any of the groups are statistically significant; the rates for these groups are statistically similar to those for students nationally (28.4%, 15.7%, and 24.7%, respectively)—*US data not shown on graphs*
- The *Healthy People 2010* objective for tobacco is to reduce its use among high school students to no more than 21%. In Connecticut, tobacco use among high school students ranges from 16.8% in grade 9 to 30.6% in grade 12

[†] National data from Centers for Disease Control and Prevention (CDC), *National Youth Tobacco Survey*, Atlanta, GA: U.S. Department of Health and Human Services, CDC [2006]



CIGAR SMOKING[†]

- 21,200 middle and high school students in Connecticut currently smoke cigars
 - 3,630 middle school students (2.9%) and
 - 17,570 high school students (10.5%)
- In the US, 4% of middle school students and 11.8% of high school students currently smoke cigars—*data not shown on graphs*
- Between middle and high school, cigar smoking among boys quadruples, and among girls it doubles. Among white students, the rate increases 5-fold; for black students, it triples, and for Hispanic students it doubles. The increases for boys and for white students are statistically significant
- In high school, boys (16%) are significantly more likely than girls (4.7%) to smoke cigars; in middle school, the use rate among boys (3.8%) is higher than it is among girls (1.9%), but the difference is not statistically significant
- In both middle and high school, there are no significant differences in cigar smoking rates between any of the race/ethnic groups. Cigar smoking rates among US white, black, and Hispanic students in both middle and high school are statistically similar to those in Connecticut—*US data not shown on graphs*
- The *Healthy People 2010* objective for cigars is to reduce their use among high school students to no more than 8%. In Connecticut, cigar smoking among high school students ranges from 8.2% in grade 9 to 13.5% in grade 12



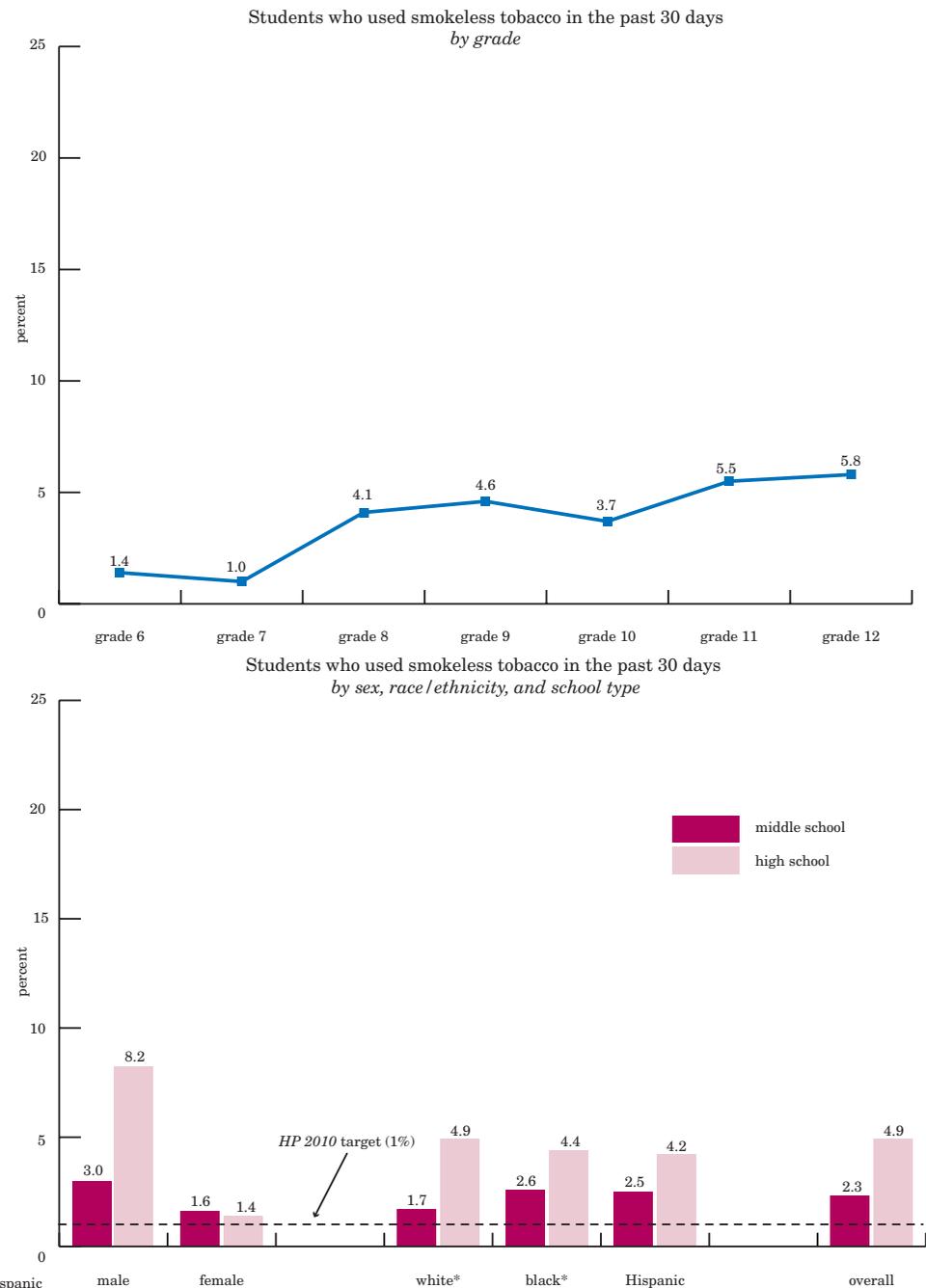
[†] National data from Centers for Disease Control and Prevention (CDC), *National Youth Tobacco Survey*, Atlanta, GA: U.S. Department of Health and Human Services, CDC [2006]



SMOKELESS TOBACCO USE[†]

- 11,200 middle and high school students in Connecticut currently use smokeless tobacco
 - 2,900 middle school students (2.3%) and
 - 8,300 high school students (4.9%)
- In the US, 2.6% of middle school students and 6.1% of high school students currently use smokeless tobacco—*data not shown on graphs*
- The smokeless tobacco use rate nearly triples among boys from 3% in middle school to 8.2% in high school; the increase is statistically significant
- Between middle and high school, smokeless tobacco use among white students nearly triples from 1.7% to 4.9%, and the increase is statistically significant. During this same time period, the use rates for black and Hispanic students nearly double, but the increases are not statistically significant
- In US high schools, 7.5% of white students, 1.8% of black students, and 4.6% of Hispanic students currently use smokeless tobacco. These rates are statistically similar to those in Connecticut—*US data not shown on graphs*
- High school students (4.9%) are more than twice as likely as middle school students (2.3%) to use smokeless tobacco, and the difference is statistically significant
- The *Healthy People 2010* objective for smokeless tobacco is to reduce its use among high school students to no more than 1%. In Connecticut, smokeless tobacco use among high school students varies by grade between 3.7% (grade 10) and 5.8% (grade 12)

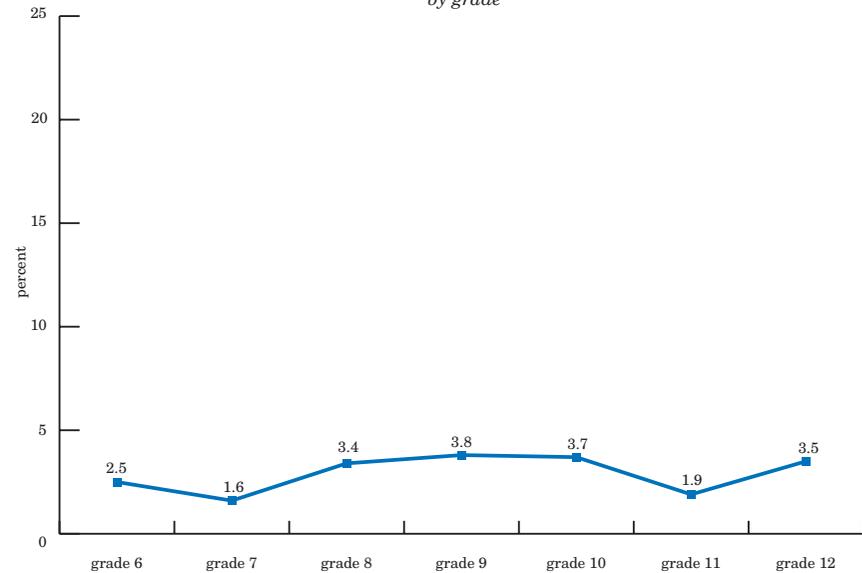
[†] National data from Centers for Disease Control and Prevention (CDC), *National Youth Tobacco Survey*, Atlanta, GA: U.S. Department of Health and Human Services, CDC [2006]



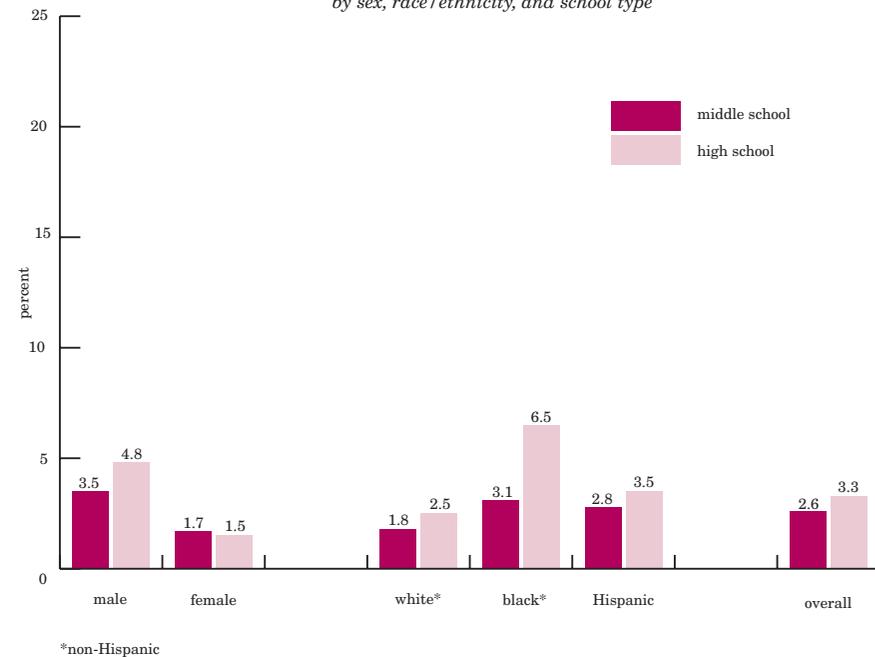
BIDI SMOKING

- 8,800 middle and high school students in Connecticut currently smoke bidis
 - 3,300 middle school students (2.6%) and
 - 5,500 high school students (3.3%)
- Bidi smoking rates vary by grade between 1.6% (grade 7) and 3.8% (grade 9)
- In high school, boys (4.8%) are three times more likely than girls (1.5%) to smoke bidis, and the difference is statistically significant
- Between middle and high school, the bidi smoking rate among black students doubles from 3.1% to 6.5%, but the increase is not statistically significant
- Black students in middle and high school are more likely than their white and Hispanic counterparts to smoke bidis, although none of the differences are statistically significant
- Bidi use increases from 2.6% in middle school to 3.3% in high school; the increase is not statistically significant

Students who smoked bidis in the past 30 days
by grade



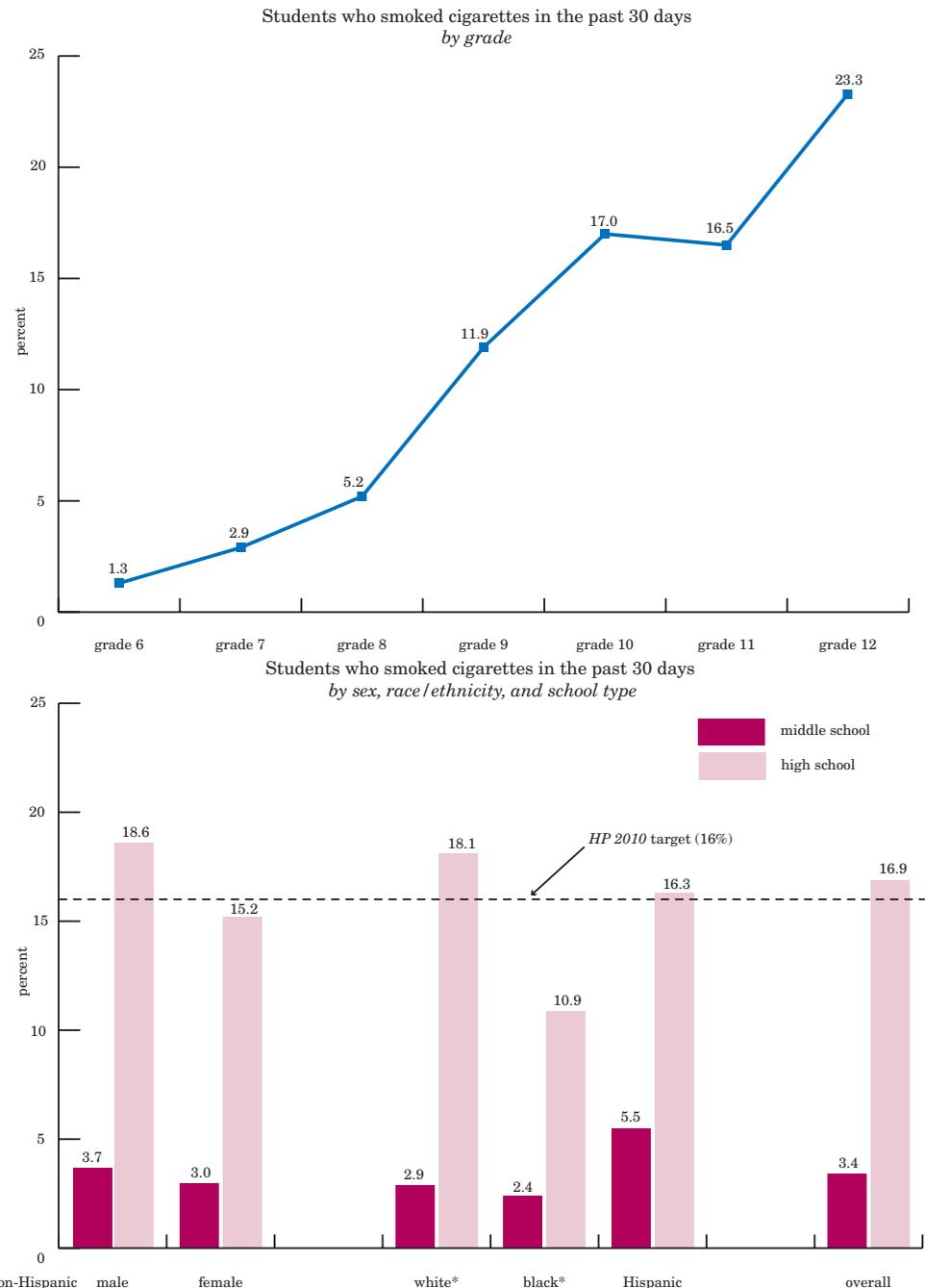
Students who smoked bidis in the past 30 days
by sex, race/ethnicity, and school type



CIGARETTE SMOKING[†]

- 32,600 middle and high school students in Connecticut currently smoke cigarettes
 - 4,200 middle school students (3.4%) and
 - 28,400 high school students (16.9%)
- In the US, 6.3% of middle school students and 19.7% of high school students currently smoke cigarettes. The rate among US middle school students is significantly higher than among Connecticut middle school students (3.4%)—*US data not shown on graphs*
- In middle school, boys (3.7%) are more likely than girls (3%) to smoke cigarettes; the same is true in high school (18.6% and 15.2%)
- Between middle and high school, cigarette smoking increases significantly among white and Hispanic students; the rate also increases among black students, but the difference is not statistically significant
- In middle school, Hispanic (5.5%) students are more likely than white (2.9%) and black (2.4%) students to be current smokers, but none of the differences between any of the race/ethnic groups are statistically significant
- In middle school, US white (6.5%) students are significantly more likely than those in Connecticut (3.4%) to be current cigarette smokers—*US data not shown on graphs*
- In high school, white (18.1%) students are more likely than black (10.9%) and Hispanic (16.3%) students to be current smokers, but none of the differences between any of the race/ethnic groups are statistically significant
- Between middle and high school, the rate of cigarette smoking increases approximately 5-fold from 3.4% to 16.9%; the increase is statistically significant
- The *Healthy People 2010* objective for cigarettes is to reduce use among high school students to no more than 16%. In Connecticut, cigarette use in high school ranges from 11.9% in grade 9 to 23.3% in grade 12

[†] National data from Centers for Disease Control and Prevention (CDC), *National Youth Tobacco Survey*, Atlanta, GA: U.S. Department of Health and Human Services, CDC [2006]

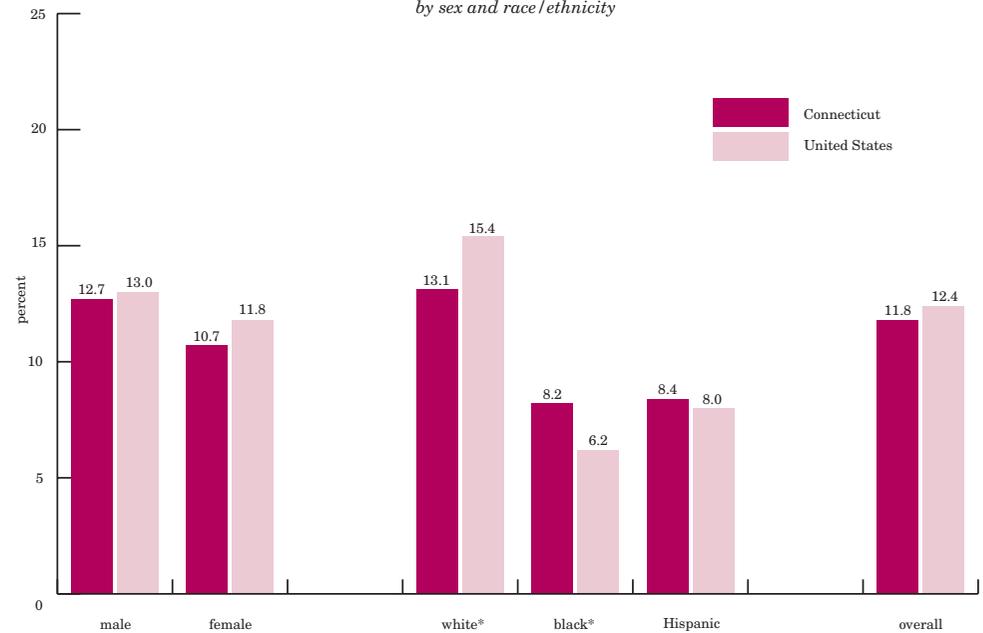


DAILY AND FREQUENT CIGARETTE SMOKING[†]

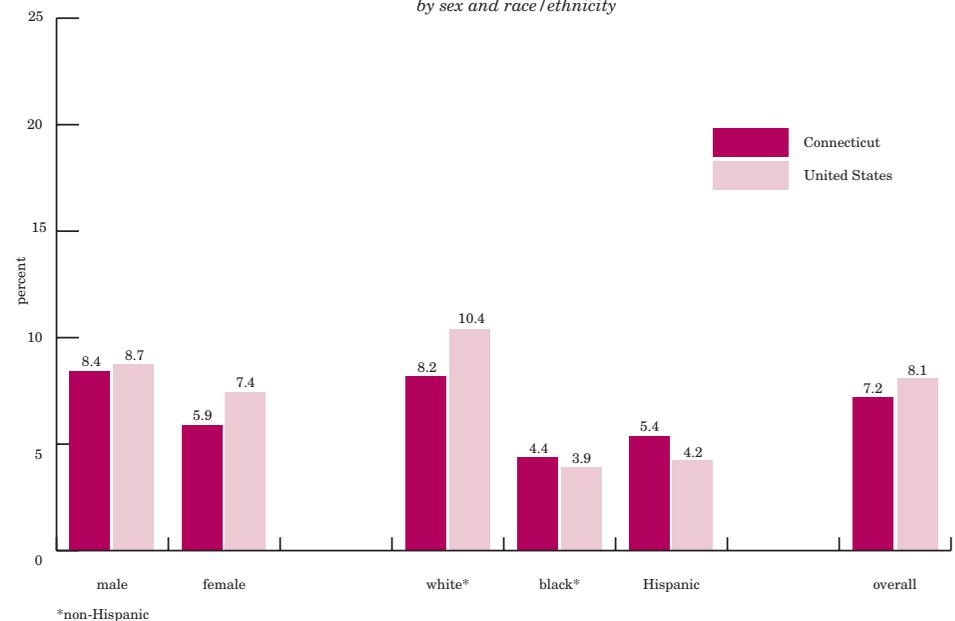
- 24,000 middle and high school students in Connecticut have smoked at least one cigarette per day for 30 days in a row at some point in their lives (ever-daily smoking)
 - 3,700 middle school students (2.9%, *data not shown on graphs*) and
 - 20,300 high school students (11.8%)
- In Connecticut, white (13.1%) high school students are more likely than black (8.2%) and Hispanic (8.4%) high school students to have ever smoked daily, although the differences are not statistically significant
- Among Connecticut high school students, boys (12.7%) and girls (10.7%) are less likely than their US counterparts (13% and 11.8%) to have ever smoked daily. The same is true among white high school students (13.1% and 15.4%). None of the differences are statistically significant
- Connecticut black (8.2%) and Hispanic (8.4%) students are more likely than their US counterparts (6.2% and 8%, respectively) to have ever smoked daily, although none of the differences are statistically significant
- In high school, 29.1% of current smokers smoked at least one cigarette per day on all 30 of the 30 days prior to the survey (daily smoking)—*data not shown on graphs*
- 13,350 middle and high school students in Connecticut smoked cigarettes on 20 or more of the past 30 days (frequent cigarette smoking)
 - 1,250 middle school students (1%, *data not shown on graphs*) and
 - 12,100 high school students (7.2%)
- In high school, Connecticut boys (8.4%) and girls (5.9%), and white (8.2%) students are less likely than their US counterparts (8.7%, 7.4%, and 10.4%, respectively) to be frequent cigarette smokers, although none of the differences are statistically significant
- Connecticut black (4.4%) and Hispanic (5.4%) students are more likely than their US counterparts (3.9% and 4.2%, respectively) to be frequent smokers, although none of the differences are statistically significant
- Approximately 43% of high school current smokers are frequent smokers—*data not shown on graphs*
- In high school in Connecticut, white (8.2%) students are more likely than black (4.4%) and Hispanic (5.4%) students to be frequent smokers, but none of the differences between any of the race/ethnic groups are statistically significant

[†] National data from Centers for Disease Control and Prevention. [Youth Risk Behavior Surveillance—United States, 2007]. Surveillance Summaries, [June 6, 2008]. MMWR 2008; 57 (No. SS-4).

Ever-daily smoking among Connecticut and US high school students
by sex and race/ethnicity



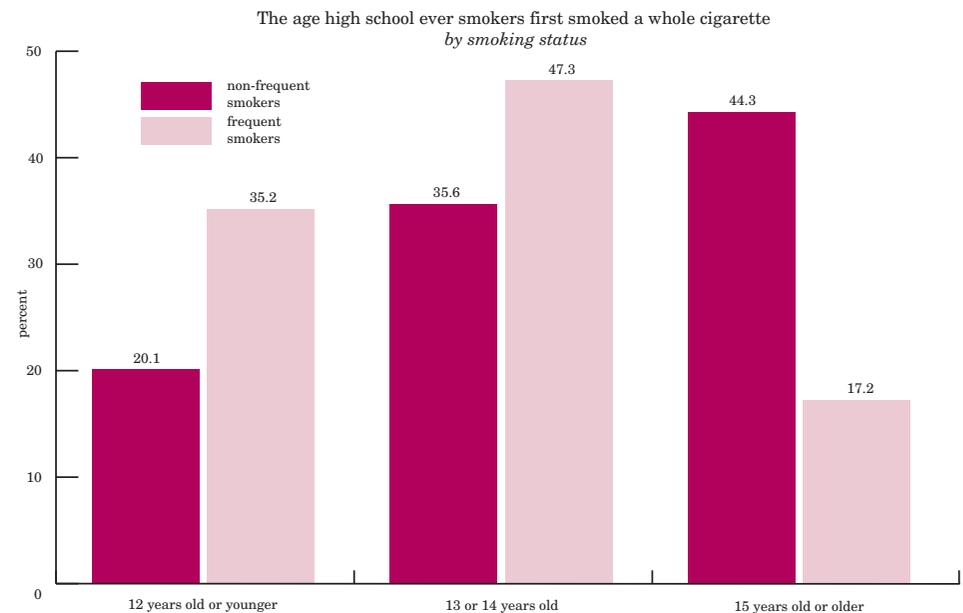
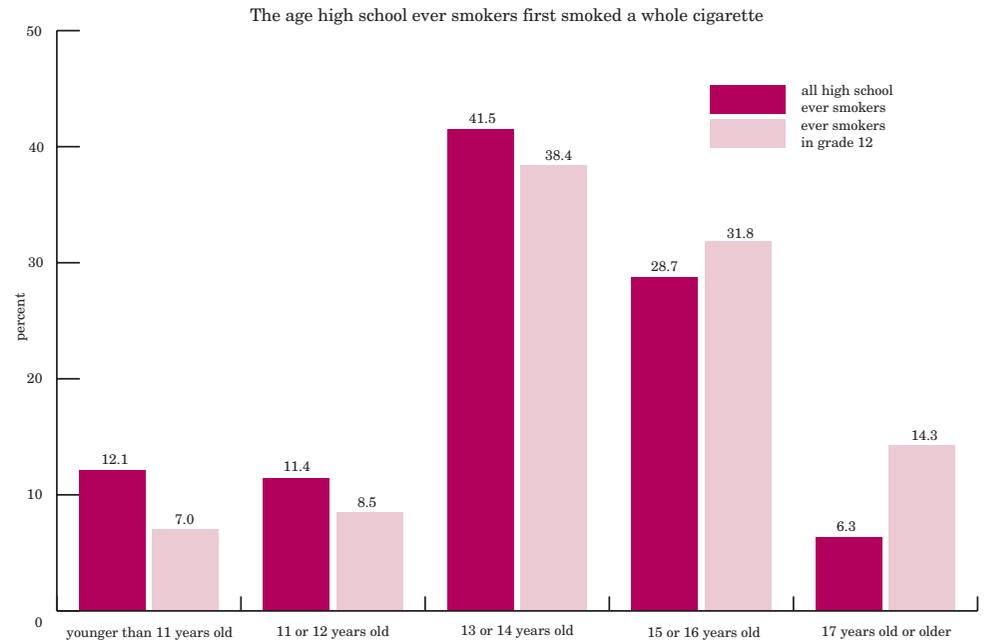
Frequent smoking among Connecticut and US high school students
by sex and race/ethnicity



Initiation of Tobacco Use

AGE FIRST SMOKED A WHOLE CIGARETTE

- 9,800 middle and high school students in Connecticut smoked their first whole cigarette before age 11—*data not shown on graphs*
 - 2,800 middle school students (2.2%) and
 - 7,000 high school students (4%)
- 77% of high school ever smokers have smoked a whole cigarette—*data not shown on graphs*. Of these, at the time of initiation,
 - 12.1% were less than 11 years old
 - 11.4% were 11 to 12 years old
 - 70.2% were 13 to 16 years old
 - 6.3% were 17 years old or older
- 83% of ever smokers in grade 12 have smoked a whole cigarette—*data not shown on graphs*. Of these, at the time of initiation,
 - 7% were less than 11 years old
 - 8.5% were 11 to 12 years old
 - 70.2% were 13 to 16 years old
 - 14.3% were 17 years old or older
- More than 8 of 10 high school frequent smokers smoked their first whole cigarette before 15 years of age, compared to fewer than 6 of 10 high school non-frequent smokers
- High school students who are frequent smokers are 75% more likely than students who are non-frequent smokers to have smoked their first whole cigarette when they were 12 years old or younger
- High school non-frequent smokers (44.3%) are significantly more likely than frequent smokers (17.2%) to have been 15 years old or older when they smoked a whole cigarette for the first time

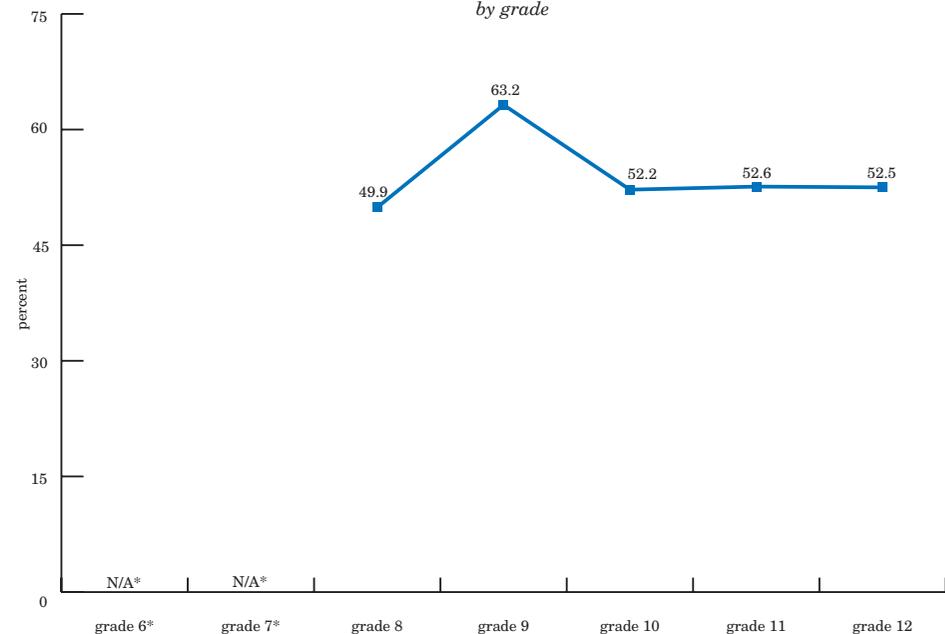


Tobacco Use Cessation

QUIT ATTEMPTS AMONG CURRENT CIGARETTE SMOKERS

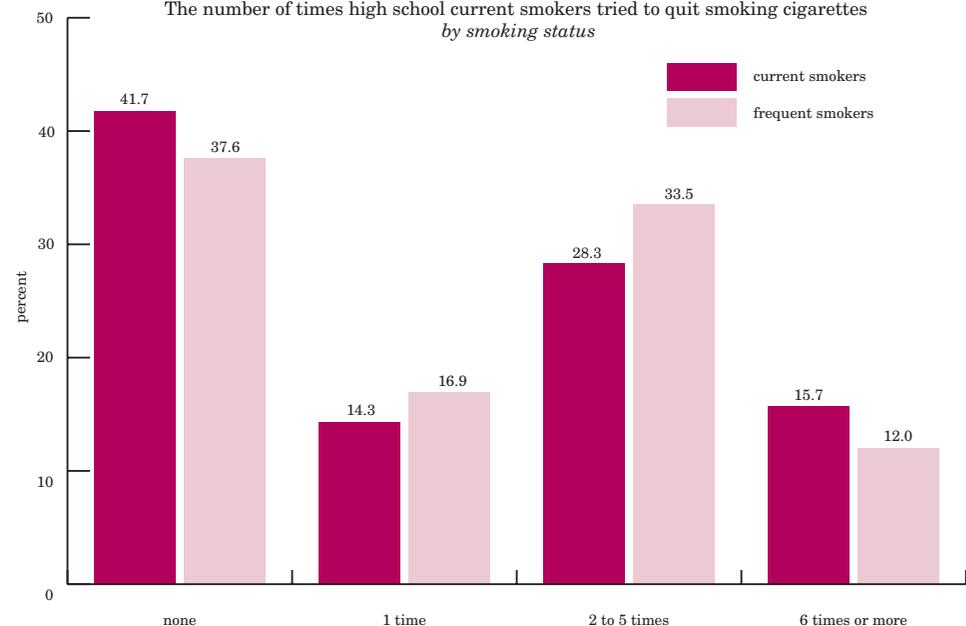
- In high school, current smokers in grade 9 (63.2%) are most likely to have tried to quit smoking cigarettes in the past 12 months. Between grades 10 and 12, the percentage who tried to quit remains stagnant at approximately 52%
- 55.8% of middle school current smokers have tried to quit smoking cigarettes at least once during the past 12 months—*data not shown on graphs*
- 58.3% of high school current smokers have tried to quit smoking cigarettes at least once during the past 12 months
- Of the high school current smokers who tried to quit at least once during the past year,
 - 14.3% tried 1 time
 - 28.3% tried 2 to 5 times
 - 15.7% tried 6 times or more
- 62.4% of high school frequent smokers tried to quit at least once during the past year,
 - 16.9% tried 1 time
 - 33.5% tried 2 to 5 times
 - 12% tried 6 times or more
- The *Healthy People 2010* objective for cessation is to increase quit attempts among high school students to 84%. In Connecticut, the rate of quit attempts among high school current cigarette smokers who tried to quit in the past year varies by grade between 52.2% (grade 10) and 63.2% (grade 9)

Current smokers who tried to quit smoking cigarettes in the past 12 months
by grade



*Data are not presented for this population because the sample size of students is too small for a meaningful analysis.

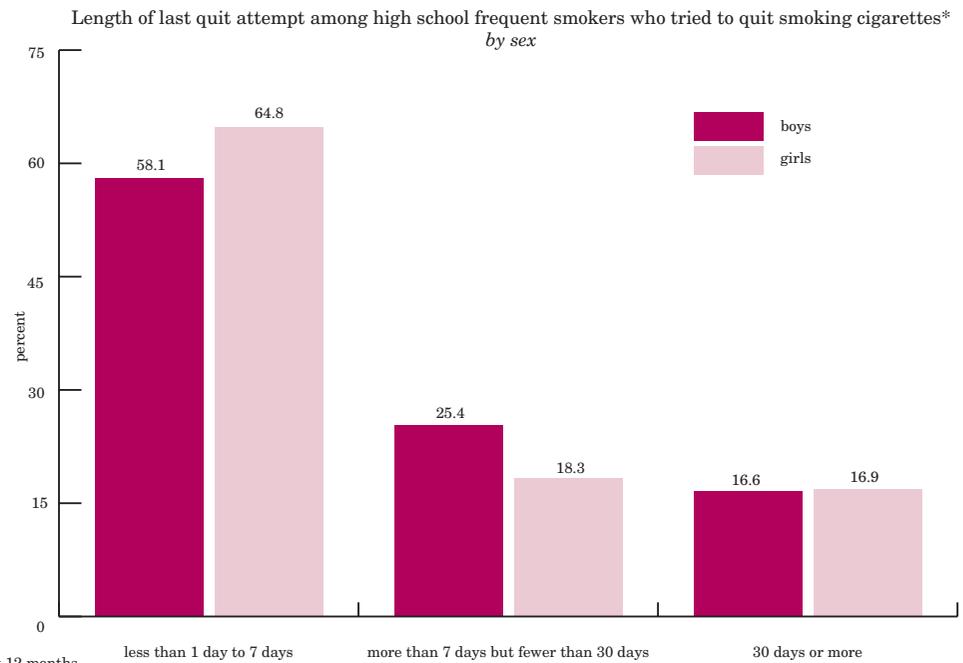
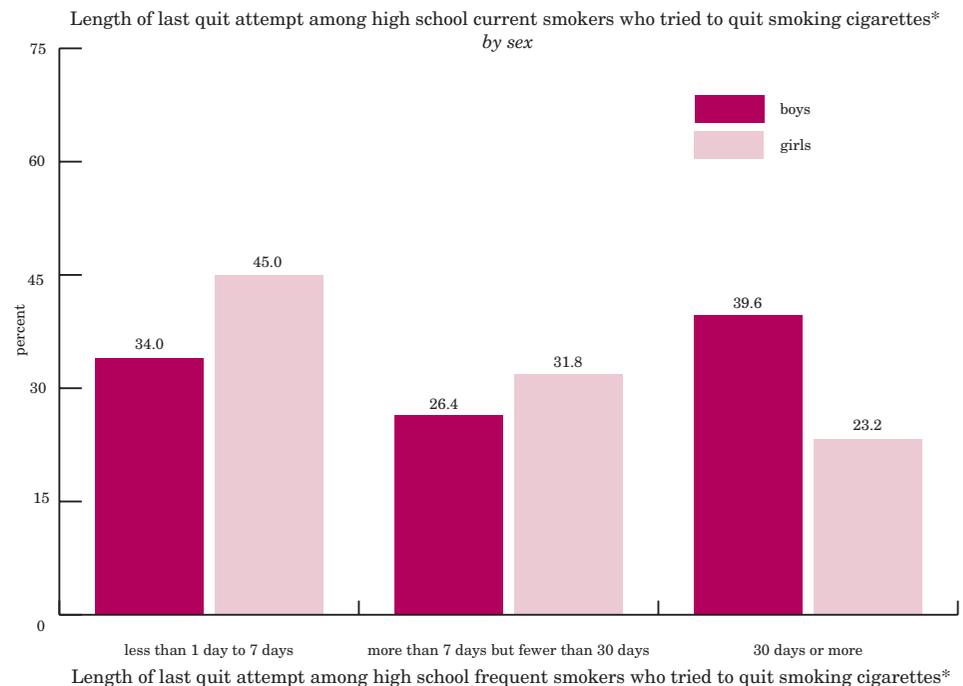
The number of times high school current smokers tried to quit smoking cigarettes
by smoking status



LENGTH OF LAST QUIT ATTEMPT[†]

- Among current smokers in high school, 47.7% of the boys tried to quit smoking cigarettes in the past 12 months (*data not shown on graphs*); 66% of them had a quit attempt that lasted more than seven days
- Among current smokers in high school, 62.4% of the girls tried to quit smoking cigarettes in the past 12 months (*data not shown on graphs*); 55% of them had a quit attempt that lasted more than seven days
- Among frequent smokers in high school, 46.7% of the boys tried to quit smoking cigarettes in the past 12 months (*data not shown on graphs*); 42% of them had a quit attempt that lasted more than seven days
- Among frequent smokers in high school, 73.8% of the girls tried to quit smoking cigarettes in the past 12 months (*data not shown on graphs*); about 35% of them had a quit attempt that lasted more than seven days
- Among current smokers in high school who are not frequent smokers, 48.6% of the boys tried to quit smoking cigarettes in the past 12 months; more than 77% of them had a quit attempt that lasted more than seven days—*data not shown on graphs*
- Among current smokers in high school who are not frequent smokers, 53.8% of the girls tried to quit smoking cigarettes in the past 12 months; more than 91% of them had a quit attempt that lasted more than seven days—*data not shown on graphs*

[†] All of the data presented here are for the students' most recent quit attempt only.

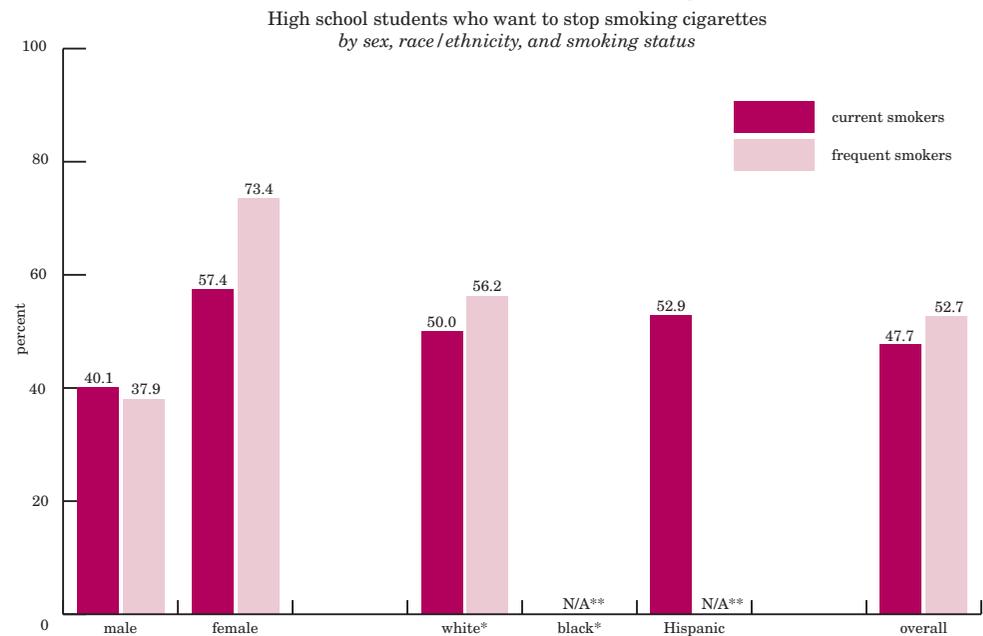
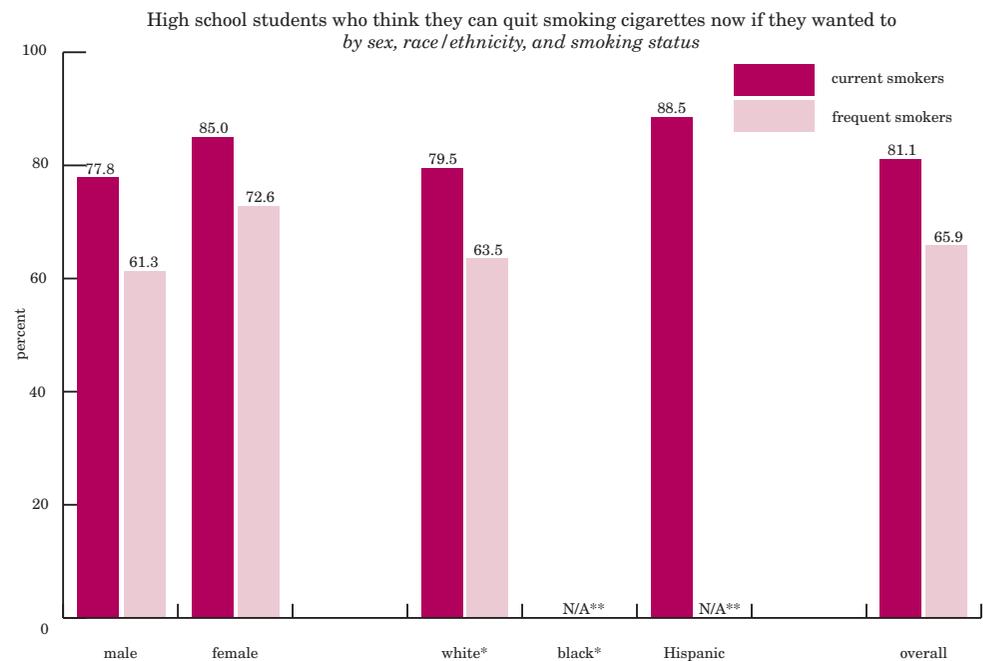


*in the past 12 months



CESSATION BELIEFS

- In high school, female current (85%) and frequent (72.6%) smokers are more likely than their male counterparts (77.8% and 61.3%) to believe that they could quit smoking cigarettes now if they wanted to
- High school Hispanic current smokers (88.5%) are more likely than white high school current smokers (79.5%) to believe they could quit smoking now if they wanted to
- Slightly more than 8 of 10 high school current smokers believe they could quit smoking now if they wanted to
- Among high school frequent smokers, about two-thirds (65.9%) believe they could quit smoking now if they wanted to
- Nearly 97% of high school current smokers who are not frequent smokers say that they would be able to quit smoking cigarettes now if they wanted to—*data not shown on graphs*
- Among high school current smokers, girls (57.4%) are significantly more likely than boys (40.1%) to want to stop smoking cigarettes
- Among high school frequent smokers, girls (73.4%) are significantly more likely than boys (37.9%) to want to stop smoking cigarettes
- High school Hispanic current smokers (52.9%) are slightly more likely than high school white current smokers (50%) to want to stop smoking cigarettes
- Less than one-half (47.7%) of high school current smokers want to quit smoking cigarettes
- More than one-half (52.7%) of high school frequent smokers want to quit smoking cigarettes



*non-Hispanic

**Data are not presented for this population because the sample size of students is too small for a meaningful analysis.

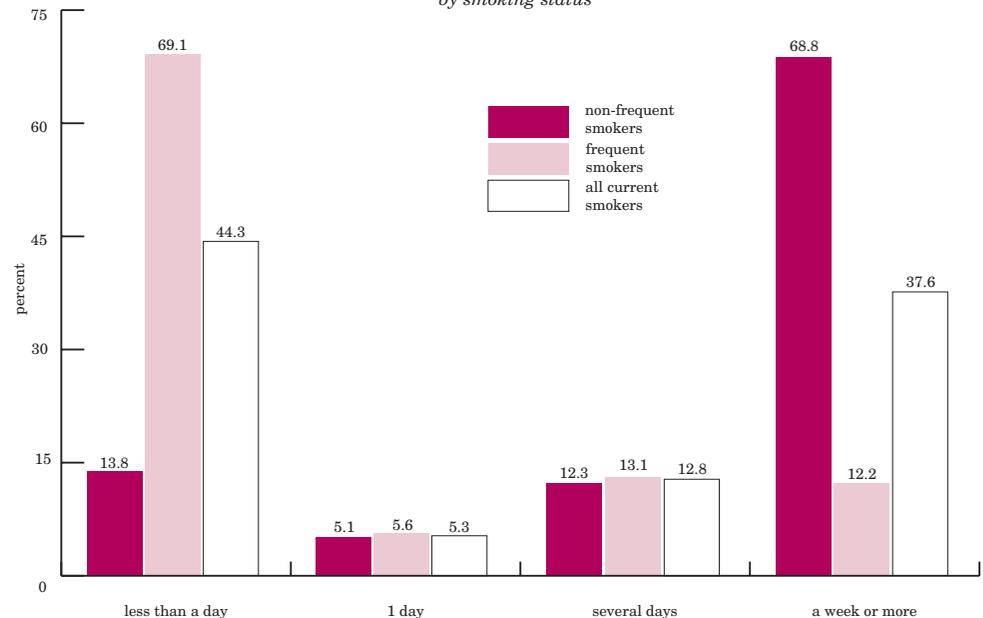


SMOKING ADDICTION

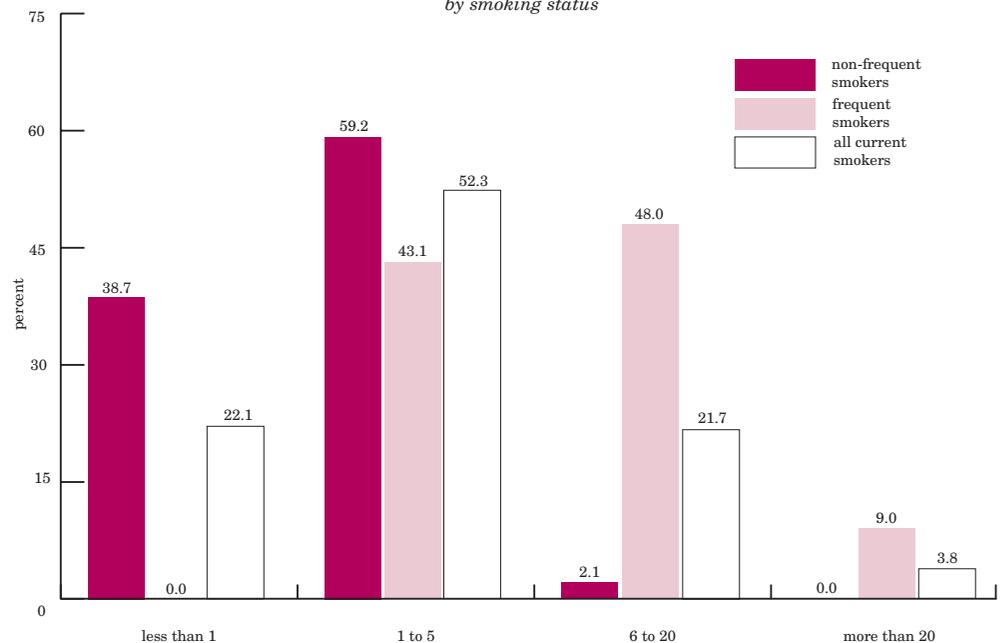
- About 70% of frequent smokers in high school say they cannot go a day without needing a cigarette
- In high school, non-frequent smokers (68.8%) are about six times more likely than frequent smokers (12.2%) to be able to go a week or more before they feel like they need a cigarette
- Approximately one-half (49.6%) of all high school current smokers go a day or less before needing to smoke, while more than one-third (37.6%) can go a week or more before needing a cigarette
- Almost 98% of high school non-frequent smokers smoked five or fewer cigarettes[†] on the days they smoked; nearly 40% smoked less than a whole cigarette
- About 43% of high school frequent smokers smoked five or fewer cigarettes on the days they smoked; none smoked less than a whole cigarette
- Just under three-quarters (74.4%) of all high school current smokers smoked five or fewer cigarettes on the days they smoked

[†] 20 cigarettes = 1 pack

The length of time high school smokers can go before needing a cigarette
by smoking status



The number of cigarettes high school students smoked per day on the days they smoked in the past 30 days
by smoking status



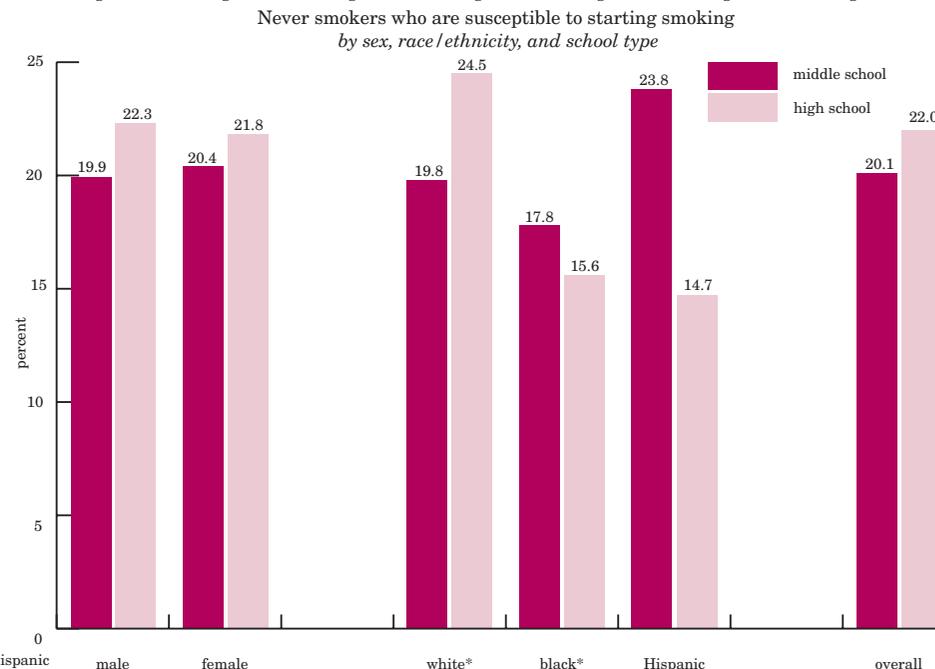
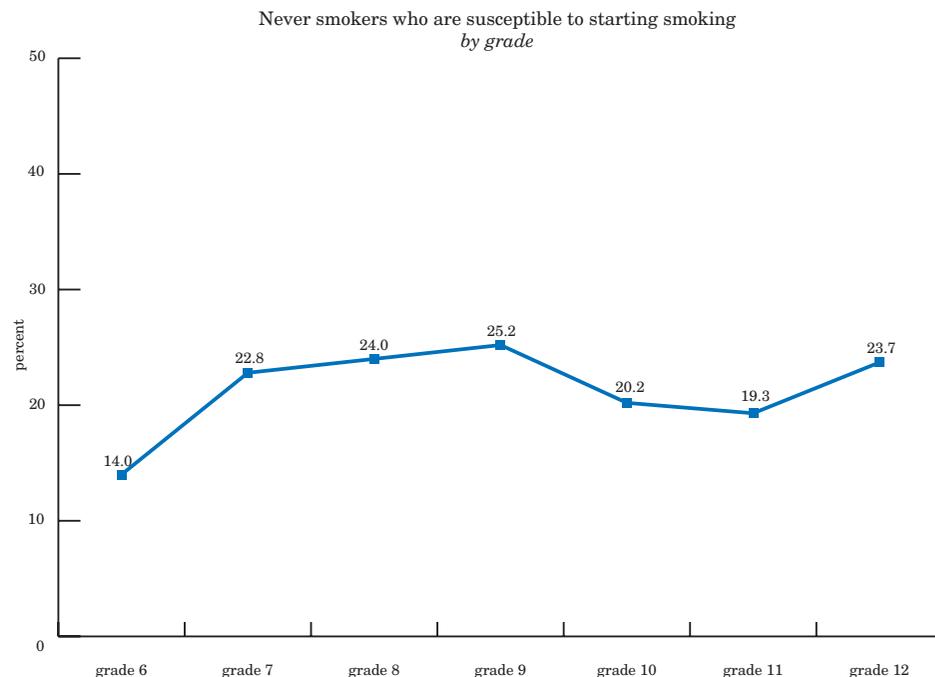
Attitudes and Perceptions

NEVER SMOKERS SUSCEPTIBLE TO STARTING SMOKING

Never smokers who answered on the survey that they would not smoke a cigarette soon; AND they would definitely not smoke in the next year; AND they would definitely not smoke if their best friend offered them a cigarette are defined as NOT being susceptible to starting smoking. ALL OTHER NEVER SMOKERS ARE DEFINED AS BEING SUSCEPTIBLE TO STARTING SMOKING.[†]

- 45,200 Connecticut middle and high school students who have never smoked are susceptible to starting smoking
 - 22,900 middle school students (20.1%) and
 - 22,300 high school students (22%)
- Susceptibility among never smokers varies by grade from 14% in grade 6 to 25.2% in grade 9
- Between middle and high school, susceptibility among Hispanic never smokers drops nearly 40%, while among white never smokers it increases almost 25%
- Among never smokers in both middle and high school, there are no statistically significant differences in susceptibility rates between any of the race/ethnic groups
- Susceptibility rates are statistically similar for middle school (20.1%) and high school (22%) never smokers
- Approximately 12% of middle school never smokers and 16% of high school never smokers might try cigarette smoking sometime during the next year—*data not shown on graphs*
- About 85% of never smokers in both middle and high school would definitely not smoke a cigarette if a best friend offered them one—*data not shown on graphs*

[†] Centers for Disease Control and Prevention. *CDC Surveillance Summaries*, October 13, 2000. MMWR 2000; 49 (No. SS-10), p. 14

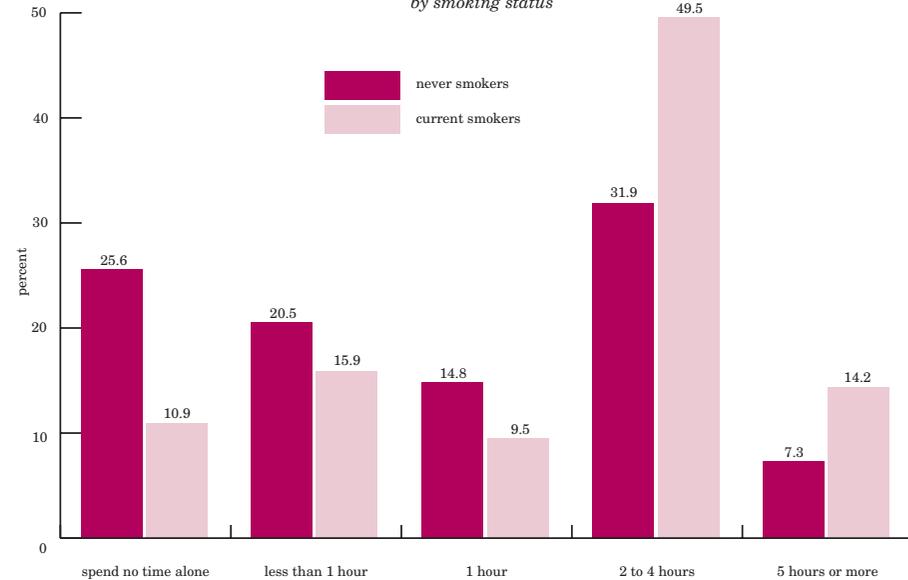


AFTER-SCHOOL ADULT SUPERVISION[†]

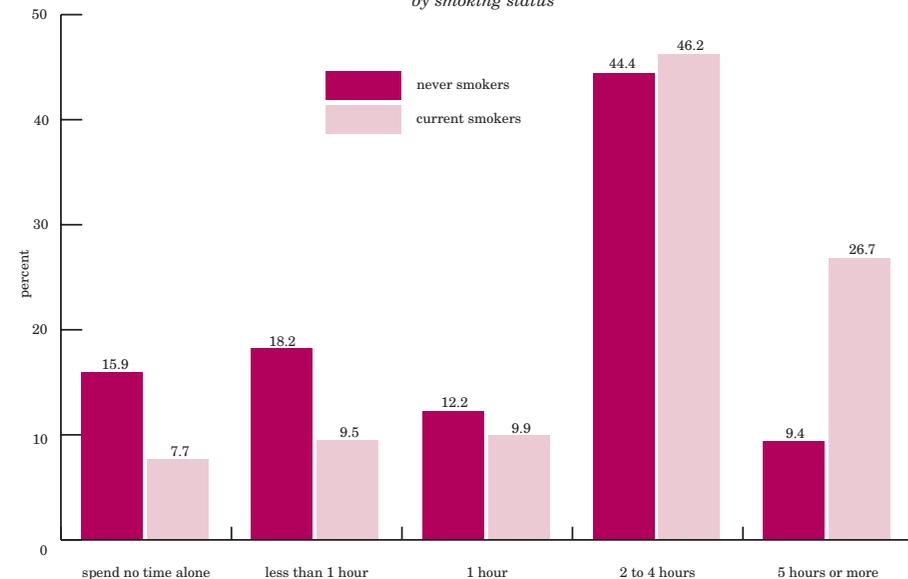
- More than 25% of middle school students and nearly 15% of high school students typically spend no time after school without adult supervision—*data not shown on graphs*
- On a typical day, about 60% of middle school students and 36% of high school students in Connecticut spend one hour or less after school without adult supervision—*data not shown on graphs*
- In middle school, never smokers (25.6%) are more than twice as likely as current smokers (10.9%) to regularly spend no time after school without an adult present
- Middle school current smokers (14.2%) are about twice as likely as never smokers (7.3%) to spend five or more hours after school without adult supervision
- High school never smokers (15.9%) are approximately twice as likely as current smokers (7.7%) to spend no time after school without an adult present
- High school current smokers (26.7%) are nearly 3 times more likely than never smokers (9.4%) to spend five or more hours after school without adult supervision, and the difference is statistically significant
- Students were asked, “When you are away from home, how often do your parents or other adults in your family know where you are?” High school students whose parents most of the time or always know the student’s whereabouts when the student is away from home are about 30% less likely to be current smokers than are their counterparts whose parents never, rarely, or sometimes know the student’s whereabouts (14.5% and 20.9%); the difference is statistically significant—*data not shown on graphs*

[†] All data are referring to students under the age of 18.

The number of hours middle school students regularly spend after school without an adult present by smoking status

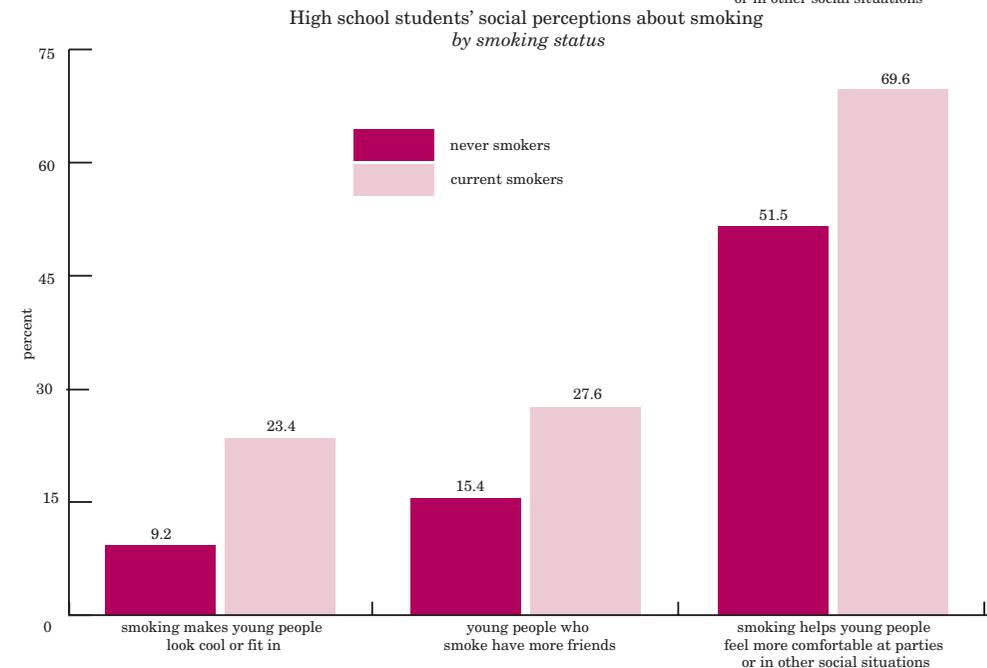
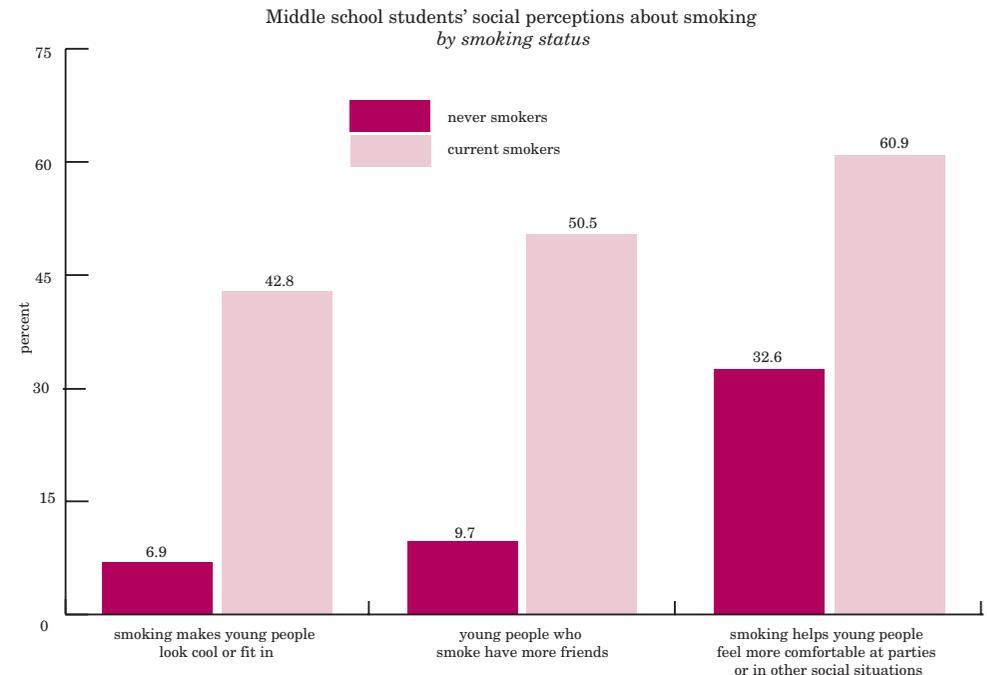


The number of hours high school students under age 18 regularly spend after school without an adult present by smoking status



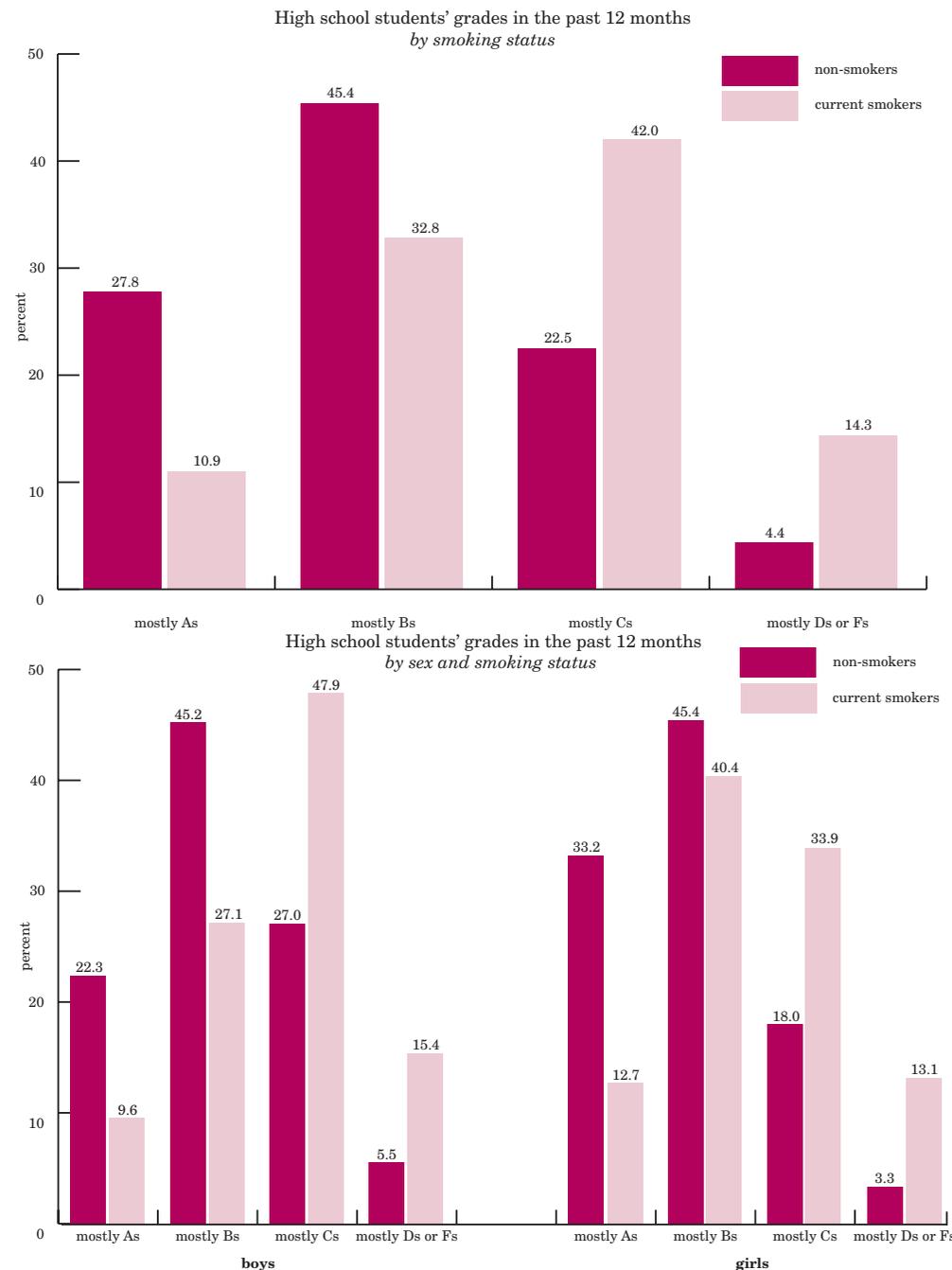
SOCIAL PERCEPTIONS ABOUT SMOKING

- In middle school, current smokers (42.8%) are six times more likely than never smokers (6.9%) to believe that smoking makes young people look cool or fit in, and in high school, current smokers (23.4%) are more than twice as likely as never smokers (9.2%) to feel that way. The differences are statistically significant
- Among middle school never smokers, white, non-Hispanic (5.4%) students are less likely than black, non-Hispanic (11.5%) and Hispanic (10%) students to believe that smoking makes young people look cool or fit in; the same is true for their counterparts in high school (8.3%, 13.3% and 11.4%, respectively)—*data not shown on graphs*
- In middle school, current smokers (50.5%) are five times more likely than never smokers (9.7%) to believe that smokers have more friends. By high school, that margin narrows to less than two times (27.6% and 15.4%). The differences are statistically significant
- Among never smokers, white, non-Hispanic (7.2%) students in middle school are significantly less likely than black, non-Hispanic (22%) students to believe that smokers have more friends—*data not shown on graphs*
- Among never smokers in high school, white, non-Hispanic (10.9%) students are significantly less likely than black, non-Hispanic (28.2%) and Hispanic (25.5%) students to believe that smokers have more friends—*data not shown on graphs*
- In middle school, current smokers (60.9%) are almost twice as likely as never smokers (32.6%) to believe that smoking helps young people feel more comfortable at parties or in other social situations
- Between middle and high school, the belief that smoking helps young people feel more comfortable at parties or in other situations increases among never smokers from 32.6% to 51.5%, and among current smokers, it increases from 60.9% to 69.6%. The increase for never smokers is statistically significant



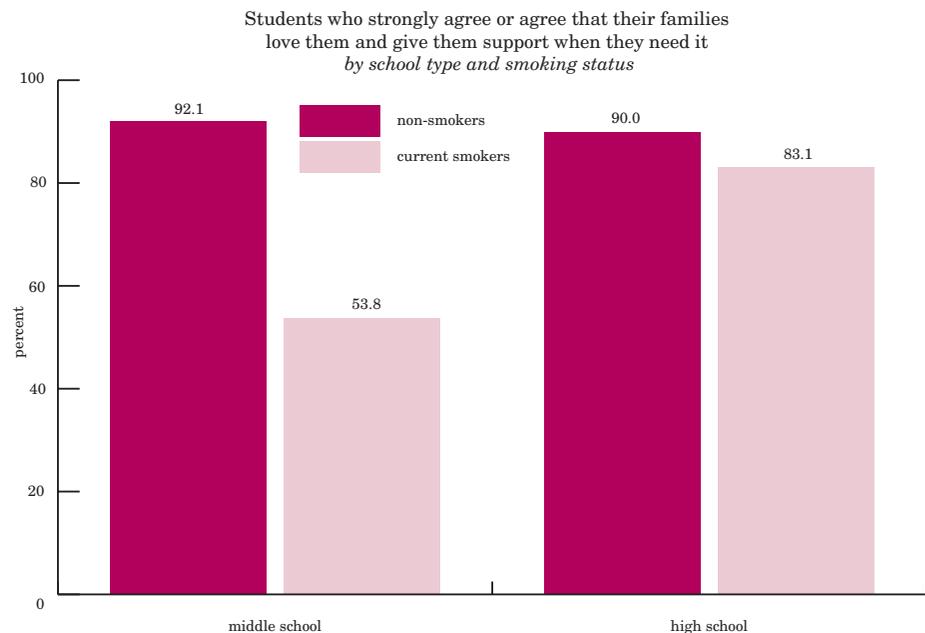
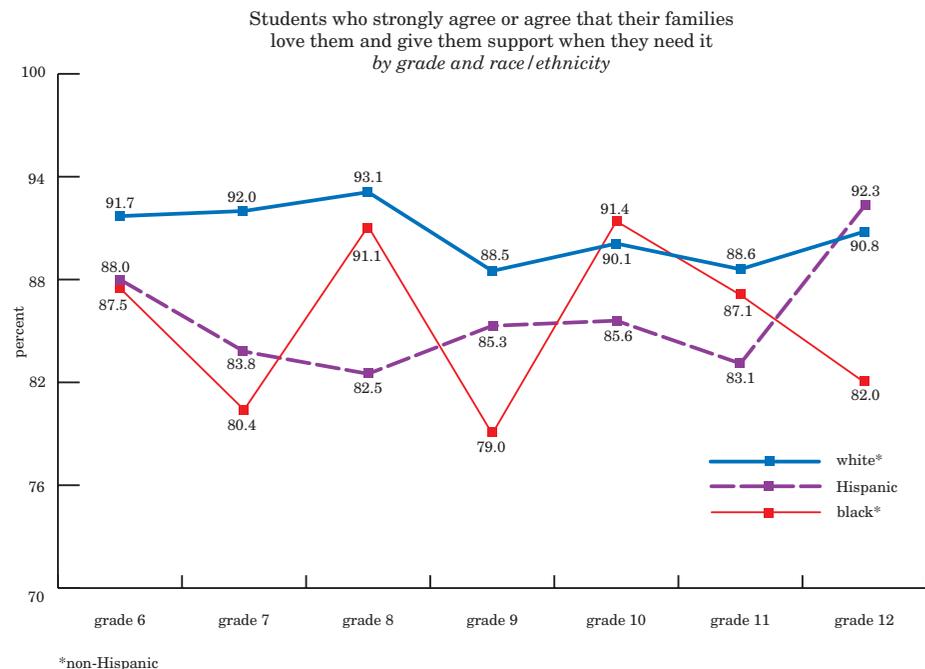
LETTER GRADES IN SCHOOL

- In high school, nearly three-quarters (73.2%) of students who are non-smokers received mostly As or Bs during the past 12 months, compared to less than one-half (43.7%) of current smokers; the difference is statistically significant
- Non-smokers (27.8%) in high school are 2.5 times more likely than current smokers (10.9%) to have received mostly As in the past 12 months. The difference is statistically significant
- High school current smokers (14.3%) are three times more likely than non-smokers (4.4%) to have received mostly Ds or Fs in school during the past year; the difference is statistically significant
- Among high school boys, nearly two-thirds (63.3%) of current smokers received mostly Cs, Ds, or Fs in the past 12 months, compared to about one-third (32.5%) of non-smokers; the difference is statistically significant
- In high school, nearly 80% of girls who are non-smokers received mostly As or Bs during the past year, compared to about 50% of girls who are current smokers; the difference is statistically significant
- High school girls who are current smokers (13.1%) are four times more likely than high school girls who are non-smokers (3.3%) to have received mostly Ds or Fs in the past 12 months; the difference is statistically significant
- Findings from the *Youth Behavior Component* of the survey also show increasing rates of cigarette smoking as letter grades in school decrease—see page 44



FAMILY LOVE AND SUPPORT

- Approximately 90% of students in grades 6 through 12 strongly agree or agree that their families give them love and support when they need it—*data not shown on graphs*
- In grade 7, white (92%) students are significantly more likely than black (80.4%) students to strongly agree or agree that their families give them love and support when they need it; none of the differences between the other race/ethnic groups in grades 6 through 12 are statistically significant
- In middle school, non-smokers (92.1%) are significantly more likely than current smokers (53.8%) to strongly agree or agree that their families give them love and support when they need it
- In high school, non-smokers (90%) are significantly more likely than current smokers (83.1%) to strongly agree or agree that their families give them love and support when they need it



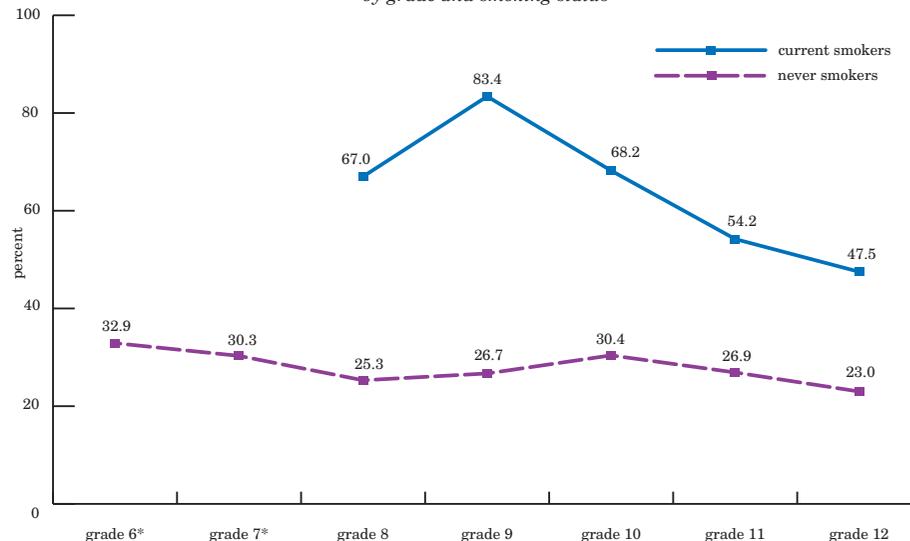
Environmental Tobacco Smoke

RECENT ENVIRONMENTAL TOBACCO SMOKE EXPOSURE AT HOME

- Approximately 100,000 middle and high school students in Connecticut live with someone who currently smokes cigarettes
- The percentage of students who are current smokers and live with someone who smokes cigarettes varies by grade between 47.5% (grade 12) and 83.4% (grade 9),[†] and for never smokers, it varies by grade between 23% (grade 12) and 32.9% (grade 6)
- From grade 8 through grade 12, current smokers are significantly more likely than never smokers to live with someone who currently smokes cigarettes
- An estimated 29,400 middle school students (29.5%) and 25,000 high school students (27%) who have never smoked are likely being exposed to environmental tobacco smoke (ETS) in their homes
- In middle school, non-smokers (31.9%) are significantly less likely than current smokers (75.2%) to live with someone who smokes cigarettes; the same is true in high school (32.6% and 60.6%)—*non-smoker data not shown on graphs*

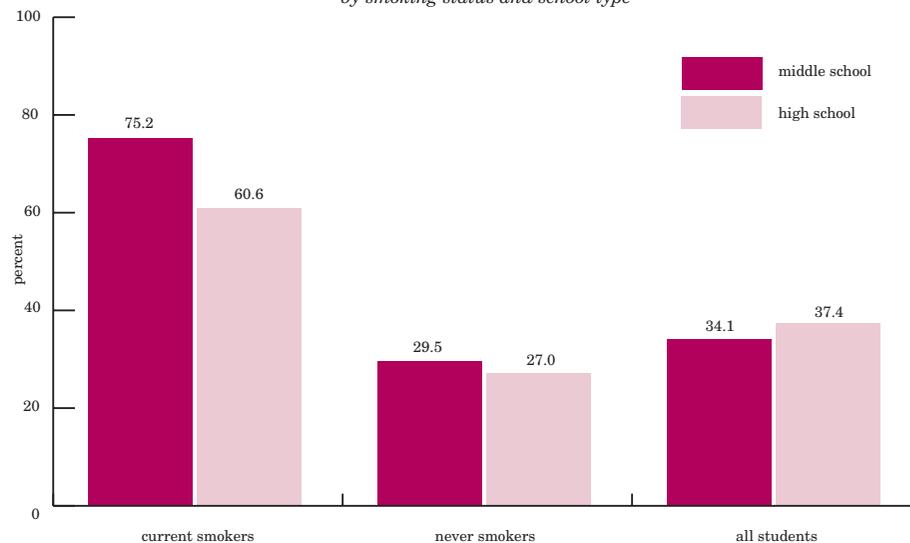
[†] Data are not presented on the graph and are not discussed in the narrative for current smokers in grades 6 and 7 because the sample sizes of students in these populations are too small for meaningful analyses.

Students who live with someone who currently smokes cigarettes by grade and smoking status



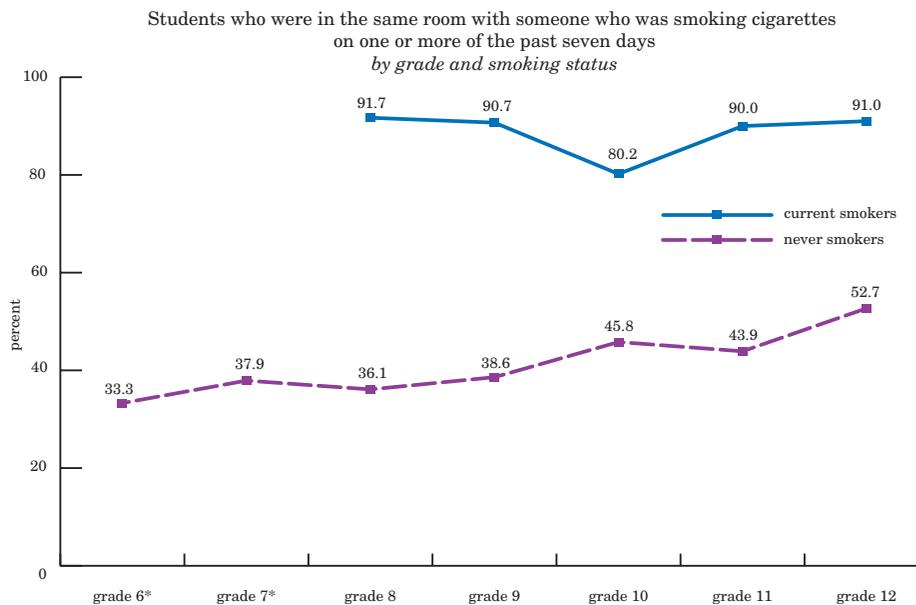
*Data are not presented for this population of current smokers because the sample size of students is too small for a meaningful analysis.

Students who live with someone who currently smokes cigarettes by smoking status and school type

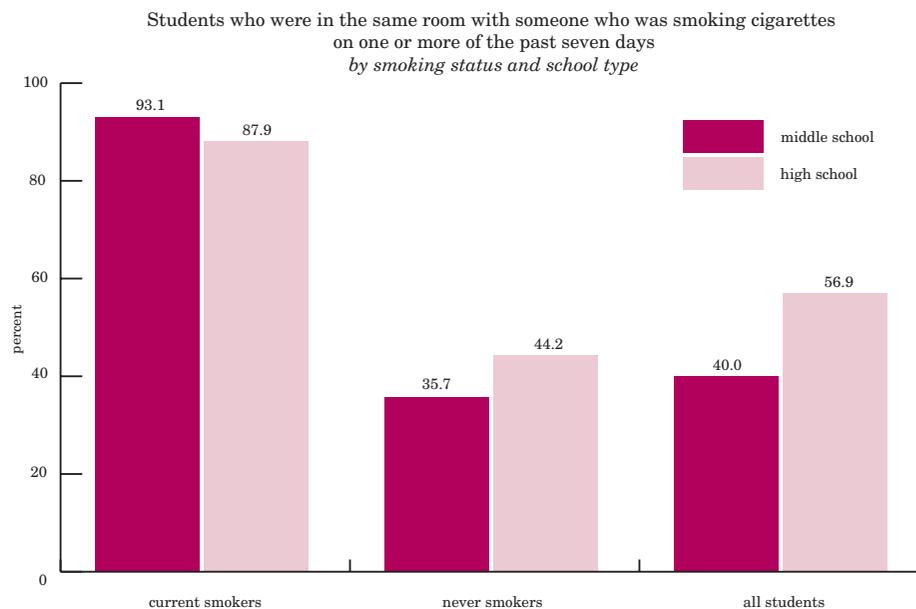


RECENT ENVIRONMENTAL TOBACCO SMOKE EXPOSURE IN A ROOM

- 143,000 students in Connecticut were in the same room with someone who was smoking cigarettes on one or more of the past seven days (recent exposure)
 - 49,000 middle school students (40%) and
 - 94,000 high school students (56.9%)
- The percentage of never smokers who have recently been in a room with someone who was smoking cigarettes varies by grade between 33.3% (grade 6) and 52.7% (grade 12)
- An estimated 77,900 middle and high students who have never smoked were exposed to environmental tobacco smoke (ETS) in a room in the week preceding the survey
- Middle school current smokers (93.1%) are nearly three times more likely than their counterparts who have never smoked (35.7%) to have had recent exposure to ETS in a room, and in high school, never smokers (44.2%) are about twice as likely as current smokers (44.2%) to have recently been in a room with someone who was smoking. The differences are statistically significant



*Data are not presented for this population of current smokers because the sample size of students is too small for a meaningful analysis.

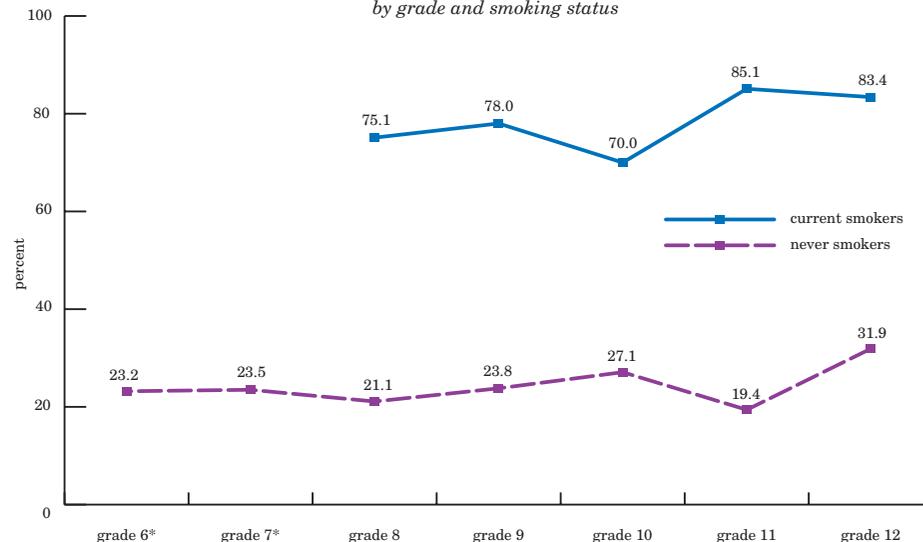


RECENT ENVIRONMENTAL TOBACCO SMOKE EXPOSURE IN A CAR

- 99,200 middle and high school students in Connecticut rode in a car with someone who was smoking cigarettes on one or more of the past seven days (recent exposure)
 - 32,600 middle school students (26.8%) and
 - 66,600 high school students (40.9%)
- From grade 8 through grade 12,[†] current smokers are significantly more likely than never smokers to have recently ridden in a car with someone who was smoking
- The percentage of current smokers who have recently been in a car with someone who was smoking cigarettes varies by grade between 70% in grade 10 and 85.1% in grade 11 and between 19.4% in grade 11 and 31.9% in grade 12 for never smokers
- In grade 11, current smokers (85.1%) are four times more likely than never smokers (19.4%) to have been in a car during the past week with someone who was smoking cigarettes—from grade 8 through grade 12, this is the largest difference between the two groups
- An estimated 22,900 middle school students (22.6%) and 23,400 high school students (25%) who have never smoked were exposed to environmental tobacco smoke (ETS) in a car during the week preceding the survey
- In middle school, non-smokers (32.8%) are significantly less likely than current smokers (78.8%) to have recently been in a car with someone who was smoking cigarettes; the same is true in high school (32.8% and 79.5%)—*non-smoker data not shown on graphs*
- Middle and high school current smokers are approximately three times more likely than their counterparts who have never smoked to have had recent exposure to ETS in a car

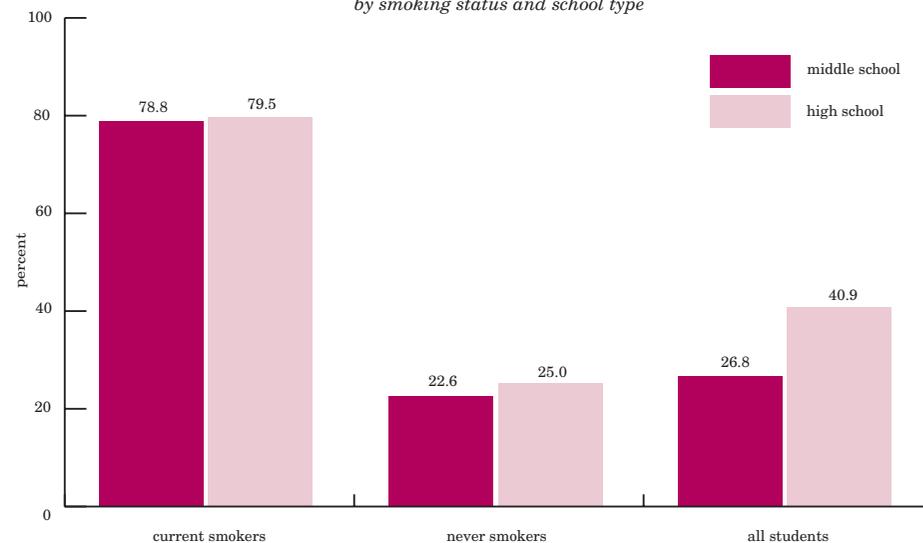
[†] Data are not presented on the graph and are not discussed in the narrative for current smokers in grades 6 and 7 because the sample sizes of students in these populations are too small for meaningful analyses.

Students who rode in a car with someone who was smoking cigarettes on one or more of the past seven days by grade and smoking status



*Data are not presented for this population of current smokers because the sample size of students is too small for a meaningful analysis.

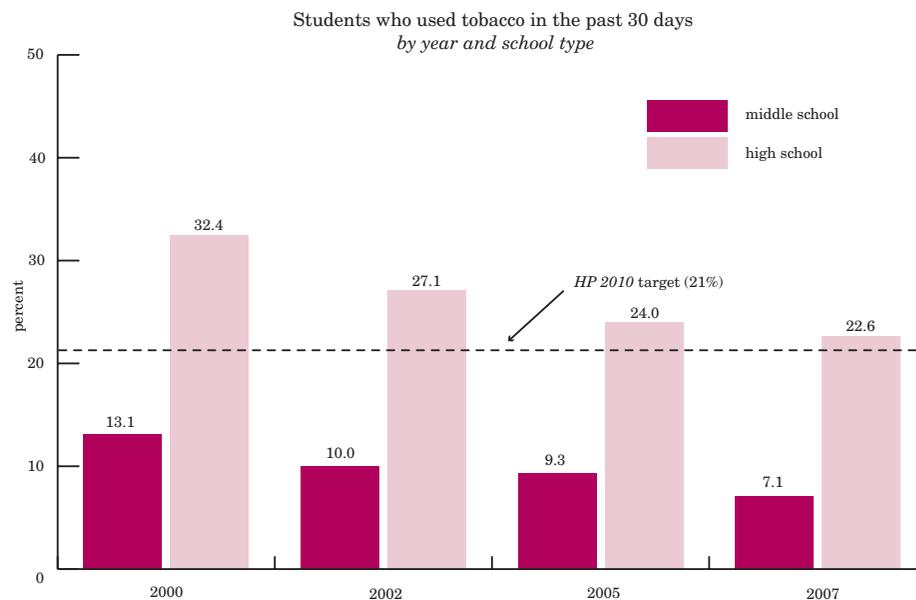
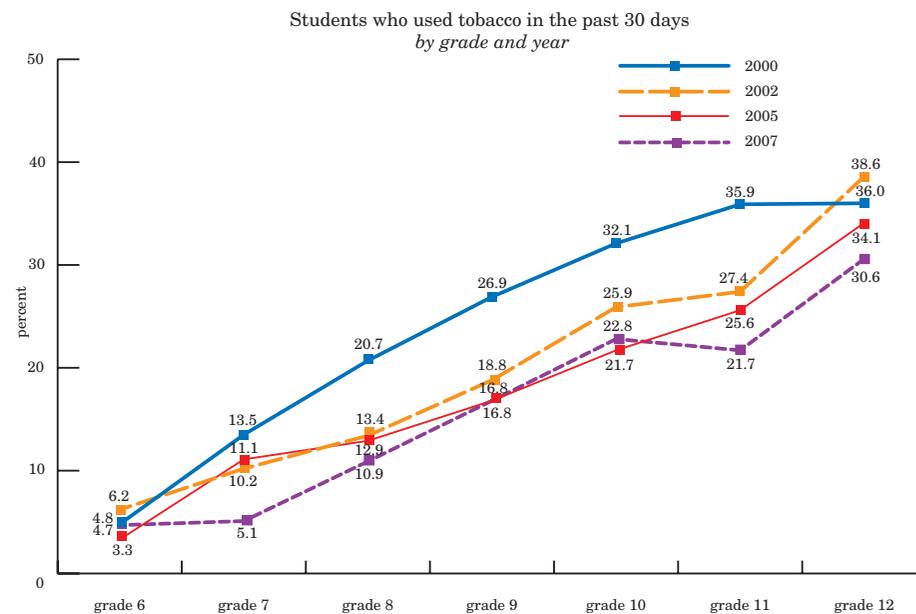
Students who rode in a car with someone who was smoking cigarettes on one or more of the past seven days by smoking status and school type



**Tobacco
Use
Trends
(2000-2007)**

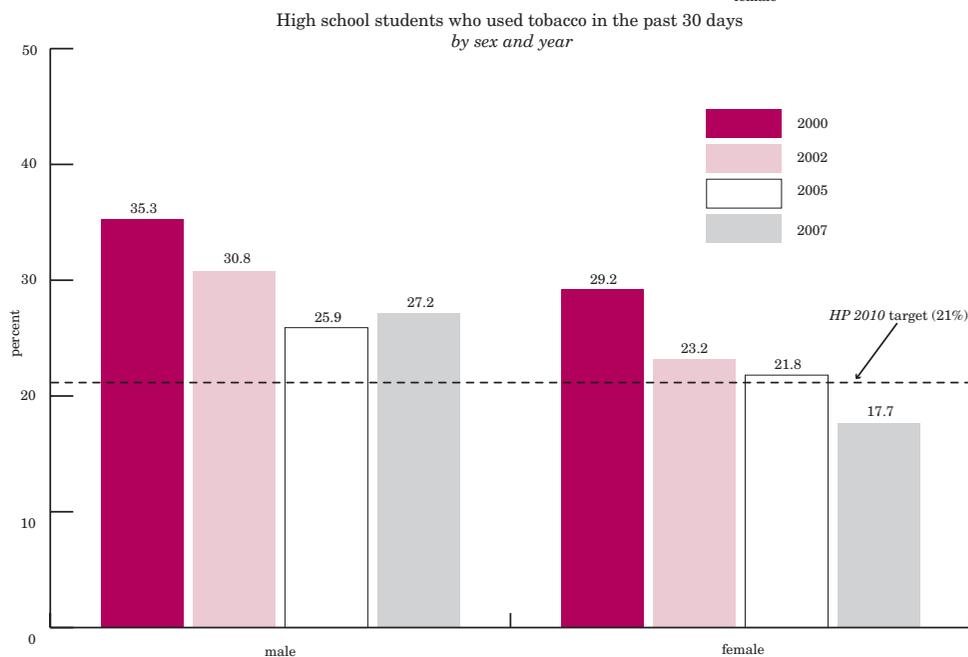
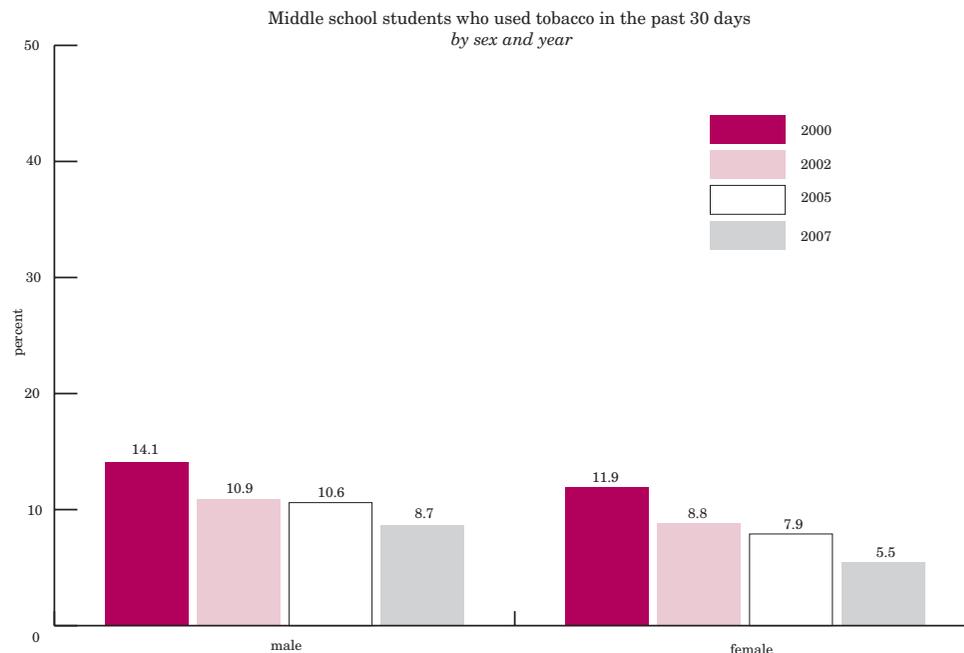
TRENDS IN TOBACCO USE

- Since 2000, the rate of tobacco use among Connecticut middle and high school students has decreased in every grade; the decreases in grades 7, 8, 9, and 11 are statistically significant
- Between 2000 and 2007, the largest drop in the tobacco use rate was among students in grade 7; it fell approximately 62% from 13.5% to 5.1%
- Tobacco use among middle school students decreased approximately 46% between 2000 and 2007; the decrease is statistically significant
- Tobacco use among high school students decreased approximately 30% between 2000 and 2007; the decrease is statistically significant
- The tobacco use rate among Connecticut high school students has declined consistently since 2000; to reach the *Healthy People 2010* objective of 21%, the current rate of 22.6% needs to fall another 7%



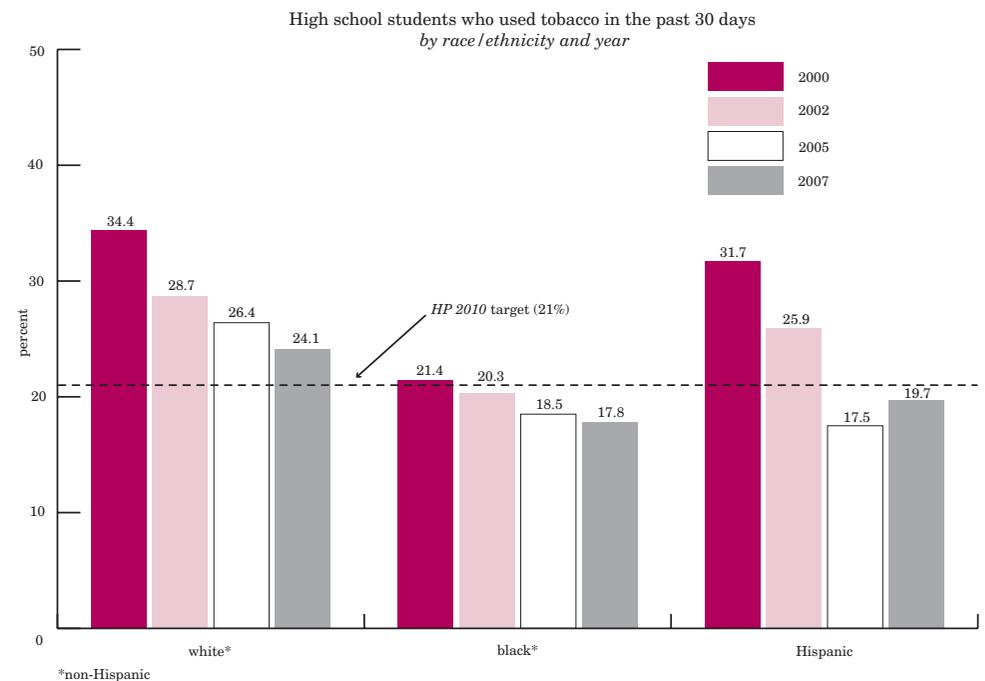
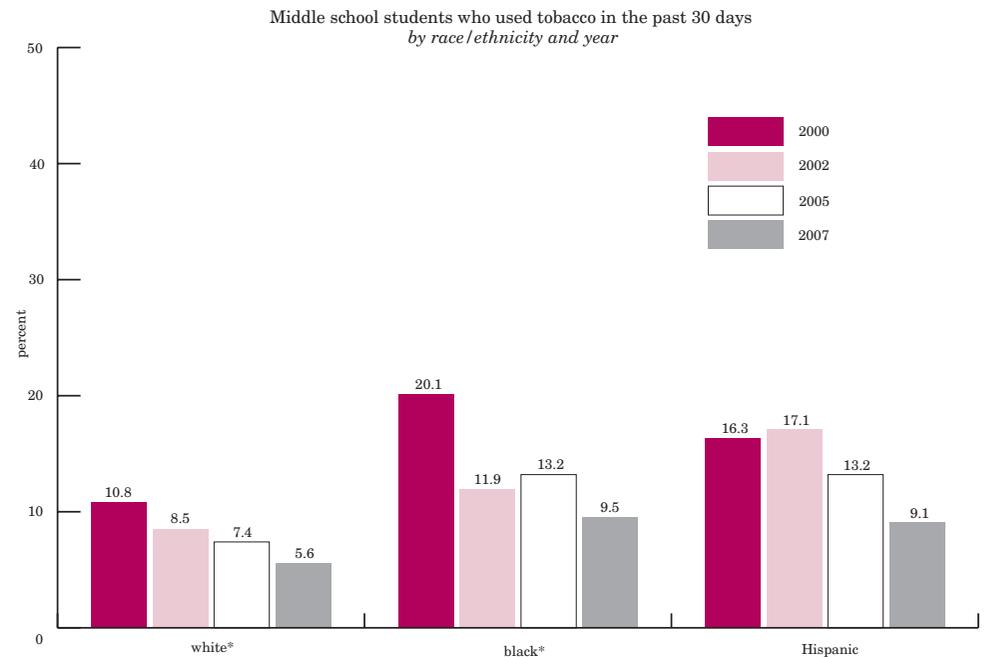
TRENDS IN TOBACCO USE AMONG BOYS AND GIRLS

- Since 2000, the rate of tobacco use among boys in middle school has decreased 38%, although the change is not statistically significant
- Since 2000, the rate of tobacco use among girls in middle school has decreased nearly 54%; the decrease is statistically significant
- Between 2000 and 2007, the tobacco use rate among boys in high school dropped about 24%; although between 2005 and 2007, the rate increased 5% from 25.9% to 27.2%
- Between 2000 and 2007, the tobacco use rate among girls in high school fell nearly 40%; the decrease is statistically significant
- The current tobacco use rate among girls in high school (17.7%) is lower than the *Healthy People 2010* target rate of no more than 21%



TRENDS IN TOBACCO USE AMONG WHITE, BLACK, AND HISPANIC STUDENTS

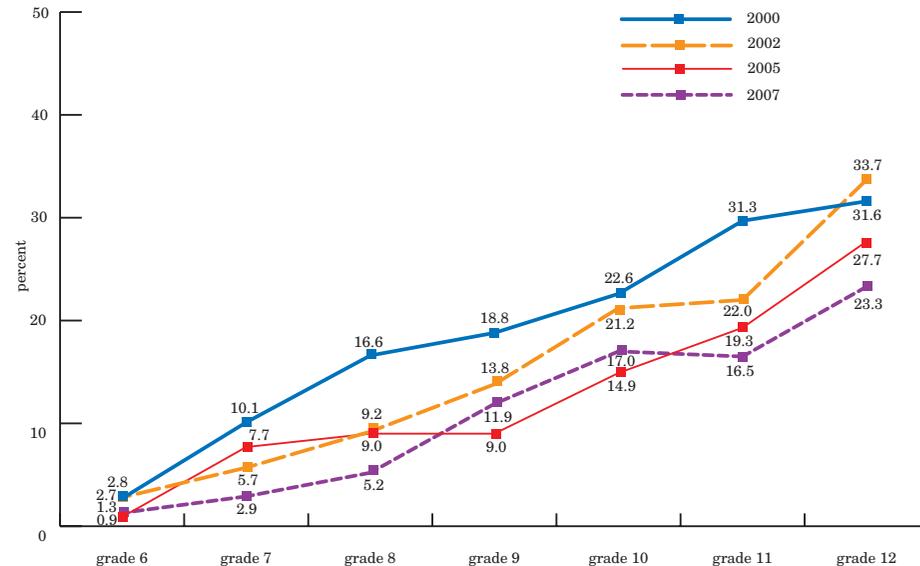
- Tobacco use among white students in middle school has decreased nearly 50% since 2000 (10.8% and 5.6%); the change is statistically significant
- Tobacco use among black students in middle school has decreased more than 50% since 2000 (20.1% and 9.5%), although the change is not statistically significant
- Tobacco use among Hispanic students in middle school has decreased approximately 44% since 2000 (16.3% and 9.1%), although the change is not statistically significant
- Since 2000, tobacco use among white students in high school has decreased 30% (34.4% and 24.21%); the change is statistically significant
- Since 2000, tobacco use among black students in high school has decreased 17% (21.4% and 17.8%), although the change is not statistically significant
- Since 2000, tobacco use among Hispanic students in high school has decreased nearly 40% (31.7% and 19.7%), although the change is not statistically significant



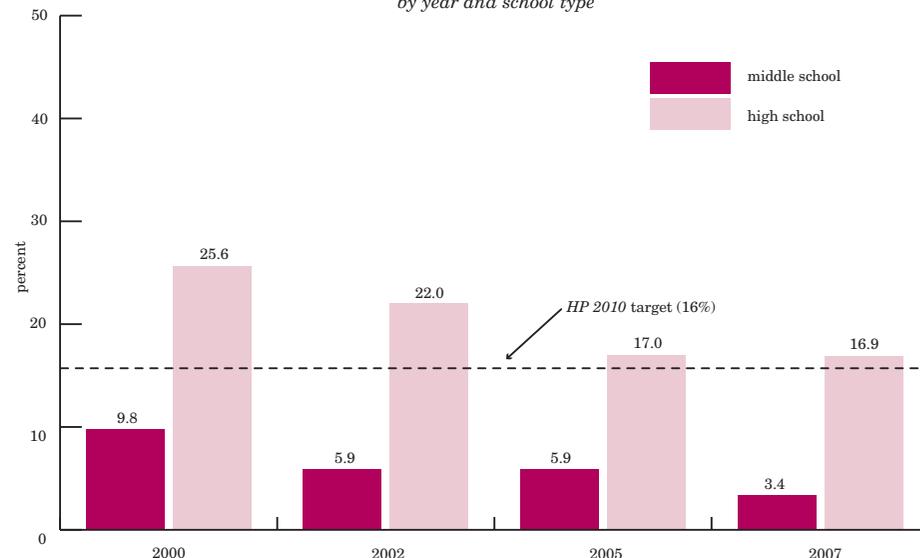
TRENDS IN CIGARETTE SMOKING

- Since 2000, the rate of cigarette smoking among Connecticut students has decreased in every grade; the decreases in grades 7, 8, 9, and 11 are statistically significant
- Between 2000 and 2007, the largest drop in the cigarette use rate was among students in grade 7; it fell approximately 71% (10.1% and 2.9%)
- The prevalence of cigarette smoking among middle school students decreased significantly from 9.8% in 2000 to 3.4% in 2007; this is a decrease of more than 65%
- The rate of cigarette smoking decreased significantly among high school students from 25.6% in 2000 to 16.9% in 2007; this is a decrease of 34%
- In Connecticut, the trend of decreasing cigarette smoking prevalence among students is similar to that among adults. In 2000, 19.9% of adults age 18 and older currently smoked; in 2006, the rate decreased significantly to 17%—*adult data not shown on graphs*
- To reach the *Healthy People 2010* target rate of no more than 16%, the current rate of cigarette use among high school students has to decrease approximately 5%

Students who smoked cigarettes in the past 30 days
by grade and year



Students who smoked cigarettes in the past 30 days
by year and school type



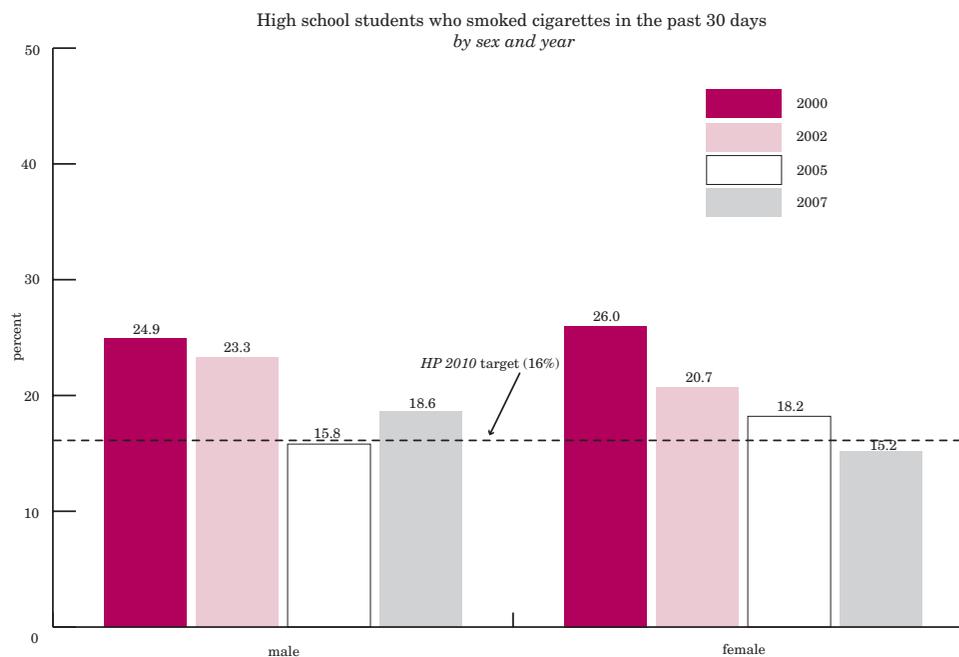
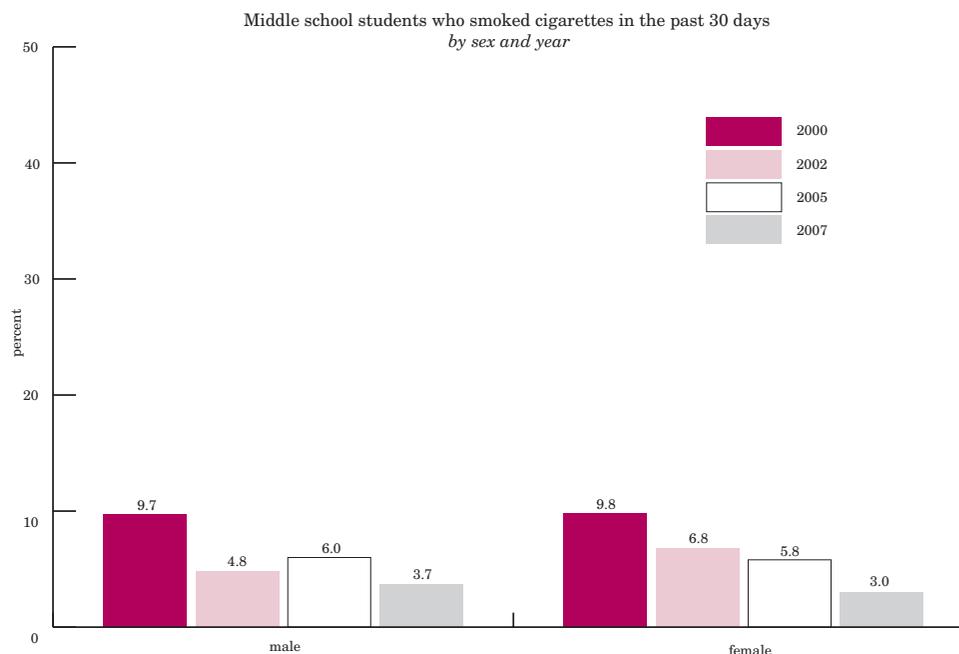
† Centers for Disease Control and Prevention (CDC), *Behavioral Risk Factor Surveillance System Survey* data, Atlanta, GA: U.S. Department of Health and Human Services, CDC [2000, 2006]



TRENDS IN CIGARETTE SMOKING AMONG BOYS AND GIRLS[†]

- The prevalence of cigarette smoking among boys in middle school decreased more than 60% between 2000 and 2007 (9.7% and 3.7%); among girls the rate decreased nearly 70% (9.8% and 3.0%). Both decreases are statistically significant
- The rate of cigarette smoking among high school boys increased from 15.8% in 2005 to 18.6% in 2007; this current rate is 25% lower than it was in 2000 (24.9%), but none of the changes are statistically significant
- In Connecticut, the trend of decreasing cigarette smoking prevalence among high school boys is similar to that among adult men. In 2000, 20.4% of men age 18 and older were current smokers; by 2006, the rate had decreased insignificantly to 18.9%—*adult data not shown on graphs*
- The rate of cigarette smoking among high school girls decreased significantly from 26% in 2000 to 15.2% in 2007. This current rate is better than the *Healthy People 2010* goal, which is a cigarette use rate of no more than 16%
- In Connecticut, the trend of decreasing cigarette smoking prevalence among high school girls is similar to that among adult women. In 2000, 19.4% of women age 18 and older were current smokers; by 2006, the rate had decreased significantly to 15.2%—*adult data not shown on graphs*

[†] All adult data from Centers for Disease Control and Prevention (CDC), *Behavioral Risk Factor Surveillance System Survey*, Atlanta, GA: U.S. Department of Health and Human Services, CDC [2000, 2006]

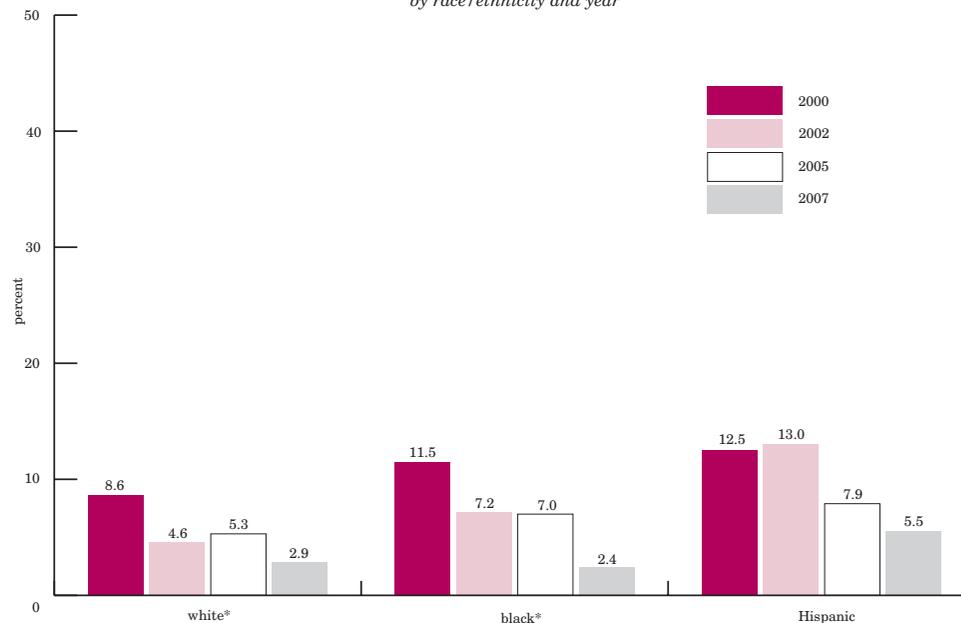


TRENDS IN CIGARETTE SMOKING AMONG WHITE, BLACK, AND HISPANIC STUDENTS†

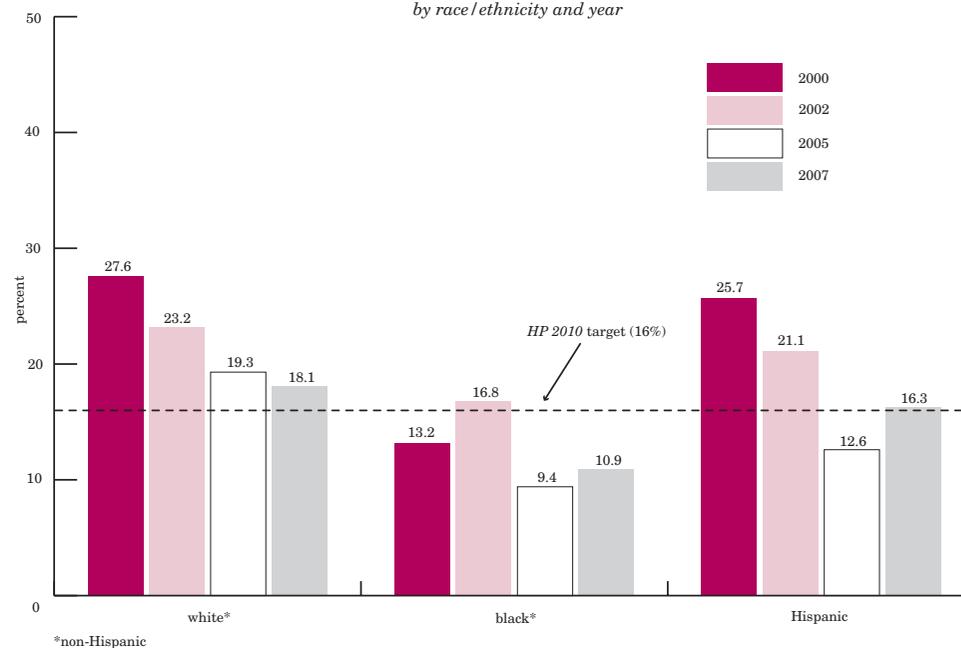
- Cigarette smoking among white students in middle school has decreased about 66% since 2000 (8.6% and 2.9%); the change is statistically significant
- Cigarette smoking among black students in middle school has decreased nearly 80% since 2000 (11.5% and 2.4%), although the change is not statistically significant
- Cigarette smoking among Hispanic students in middle school has decreased approximately 56% since 2000 (12.5% and 5.5%), although the change is not statistically significant
- Since 2000, cigarette smoking among white students in high school has decreased 34% (27.6% and 18.1%); the change is statistically significant
- Since 2000, cigarette smoking among black students in high school has decreased less than 20% (13.2% and 10.9%); the change is not statistically significant
- Since 2000, cigarette smoking among Hispanic students in high school has decreased nearly 40% (25.7% and 16.3%), although the change is not statistically significant
- In Connecticut, the trend of decreasing cigarette smoking prevalence among white high school students and among black high school students is similar to those among their adult counterparts (*adult data not shown on graphs*):
 - In 2000, 20.1% of white adults age 18 and older smoked cigarettes; by 2006, the rate had fallen significantly to 15.9%
 - In 2000, 27.3% of black adults age 18 and older smoked cigarettes; by 2006, the rate had fallen to 22.2%
- In Connecticut, the trend of decreasing cigarette smoking prevalence among Hispanic high school students is not similar to that among Hispanic adults. In 2000, 17.1% of Hispanic adults age 18 and older smoked cigarettes; by 2006, the rate had increased to 24.6%—*adult data not shown on graphs*

† All adult data from Centers for Disease Control and Prevention (CDC), *Behavioral Risk Factor Surveillance System Survey*, Atlanta, GA: U.S. Department of Health and Human Services, CDC [2000, 2006]

Middle school students who smoked cigarettes in the past 30 days
by race/ethnicity and year

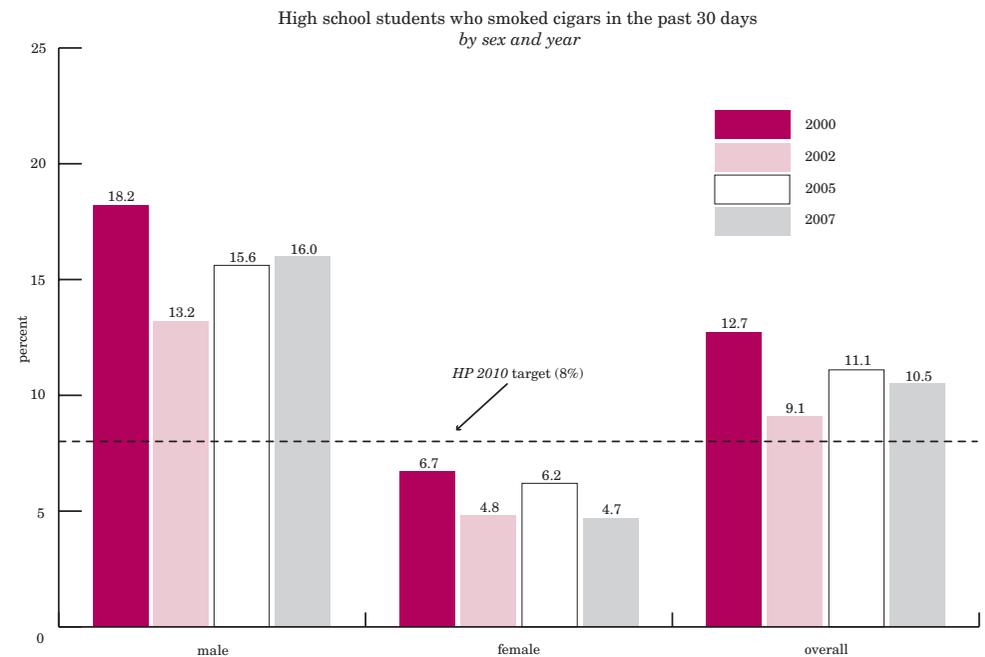
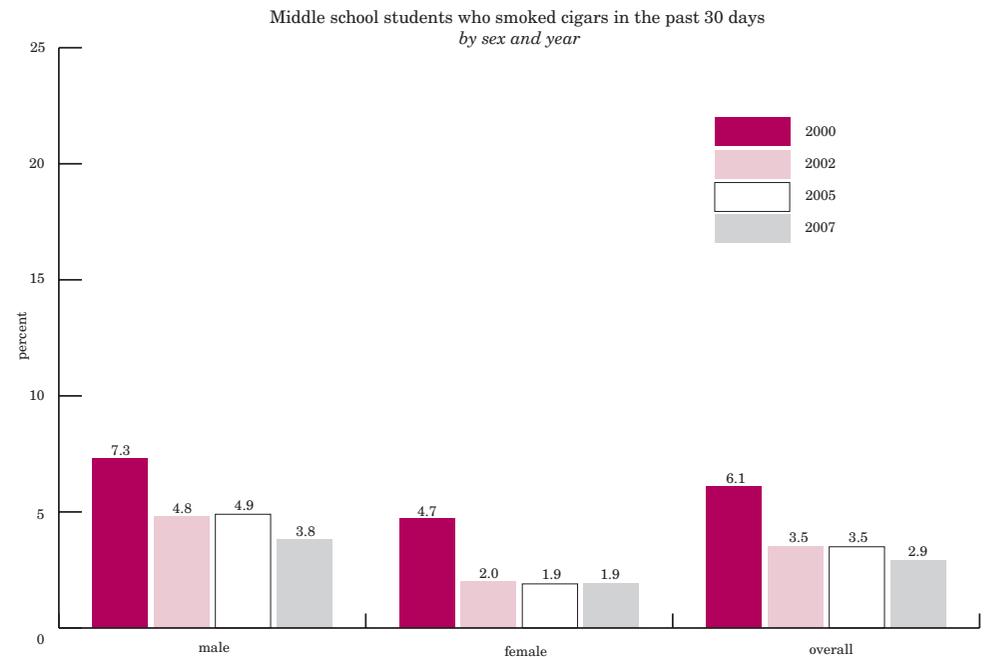


High school students who smoked cigarettes in the past 30 days
by race/ethnicity and year



TRENDS IN CIGAR SMOKING

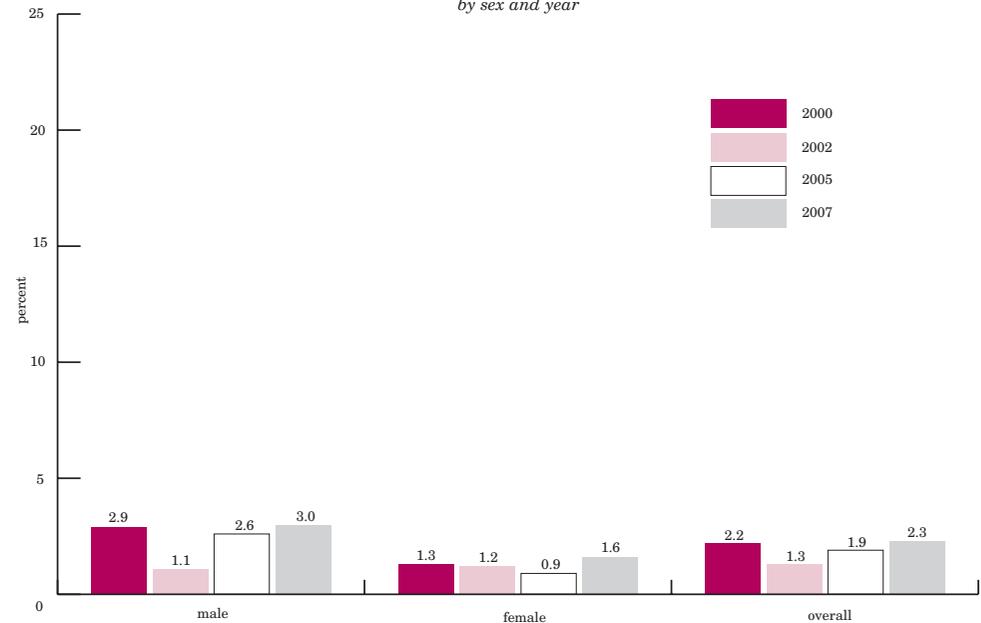
- The rate of cigar smoking among middle school boys decreased about 50% between 2000 and 2007 (7.3% and 3.8%)
- The rate of cigar smoking among middle school girls decreased 60% between 2000 and 2007 (4.7% and 1.9%)
- The prevalence of cigar smoking among middle school students decreased significantly between 2000 and 2007 (6.1% and 2.9%)
- Since 2000, the rate of cigar smoking among high school boys has decreased 12% (18.2% and 16%), and among girls, the rate has decreased 30% (6.7% and 4.7%)
- Between 2000 and 2007, there were no statistically significant changes in the prevalence of cigar smoking among high school students



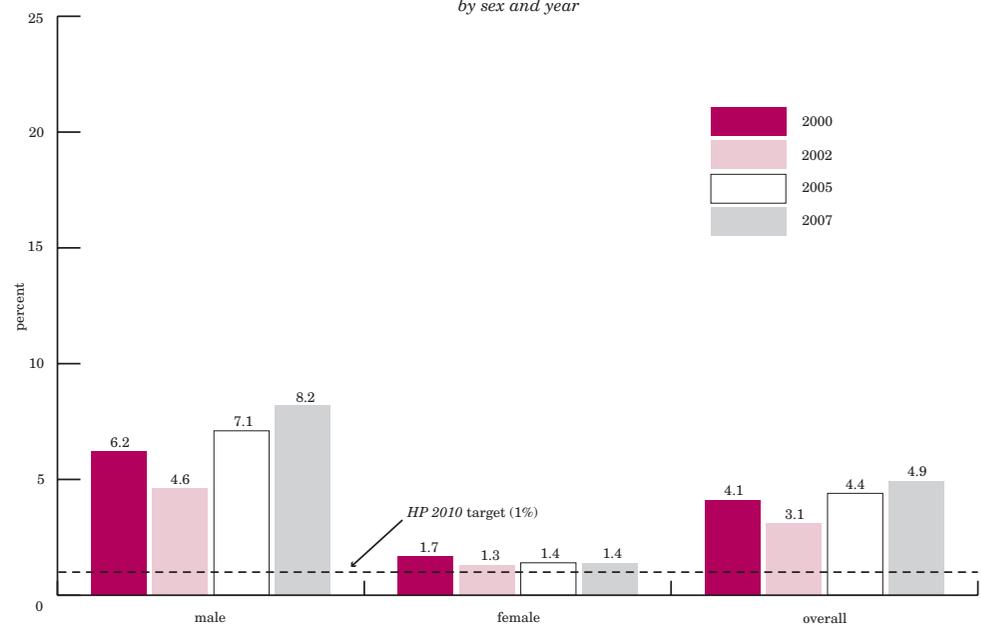
TRENDS IN SMOKELESS TOBACCO USE

- Between 2002 and 2007, the smokeless tobacco use rate nearly tripled among middle school boys (1.1% and 3%)
- The prevalence of smokeless tobacco use among middle school girls almost doubled between 2005 and 2007 (0.9% and 1.6%)
- The smokeless tobacco use rate among middle school students has climbed steadily since 2002 and is now slightly higher than the 2000 rate, but none of the changes are statistically significant
- The prevalence of smokeless tobacco use among high school boys has increased approximately 80% since 2002 (4.6% and 8.2%). The increase is statistically significant
- Between 2000 and 2007, the smokeless tobacco use rate among high school girls remained relatively unchanged
- In both middle and high school, the current rate of smokeless tobacco use for students overall is the highest it has been in at least seven years. The increase in prevalence is primarily due to increased use among boys

Middle school students who used smokeless tobacco in the past 30 days
by sex and year



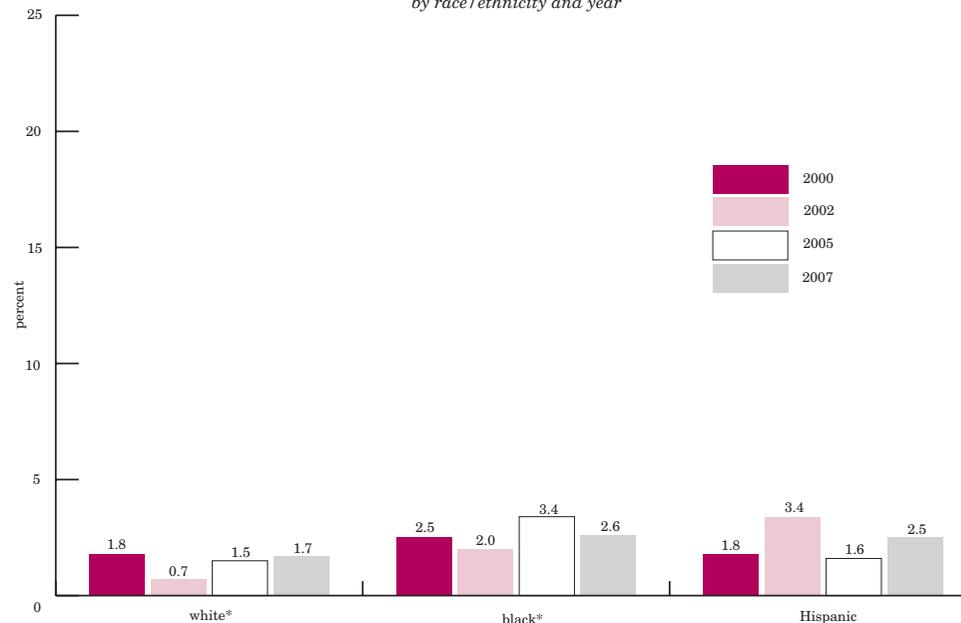
High school students who used smokeless tobacco in the past 30 days
by sex and year



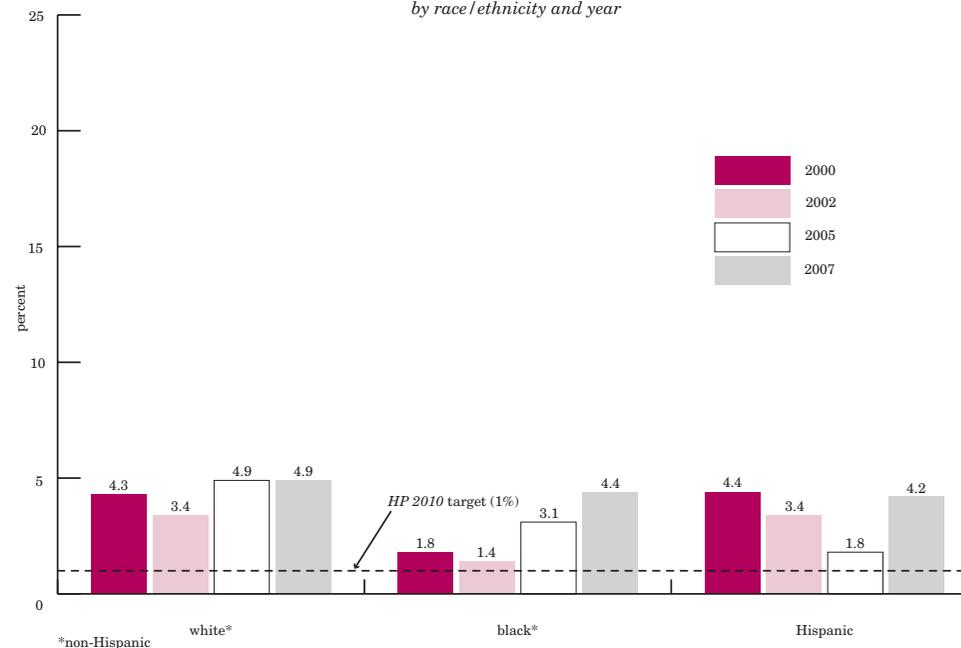
TRENDS IN SMOKELESS TOBACCO USE AMONG WHITE, BLACK, AND HISPANIC STUDENTS

- With the exception of 2002, smokeless tobacco use among white students in middle school has remained relatively unchanged since 2000
- The current rate of smokeless tobacco use among black students in middle school is the same as it was in 2000; the rate peaked in 2005 at 3.4%
- Since 2000, the smokeless tobacco use rate among Hispanic students in middle school has fluctuated between 1.6% and 3.4%
- The smokeless tobacco use rate among white students in high school (4.9%) is the same as it was in 2005
- The rate of smokeless tobacco use among black students in high school climbed from 1.4% in 2002 to 4.4% in 2007
- The smokeless tobacco use rate among Hispanic high school students more than doubled between 2005 and 2007 (1.8% and 4.2%); this is after steadily decreasing from 4.4% in 2000

Middle school students who used smokeless tobacco in the past 30 days
by race/ethnicity and year

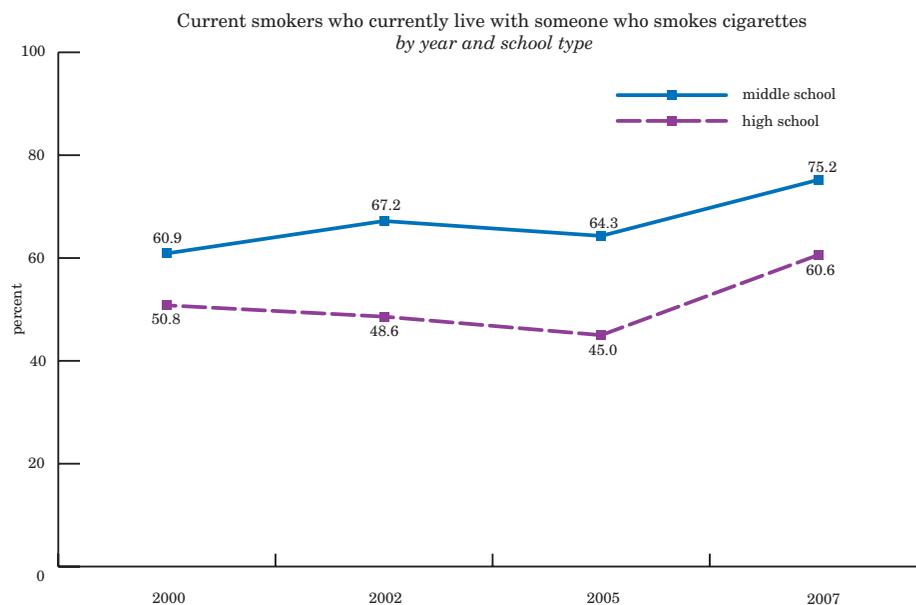
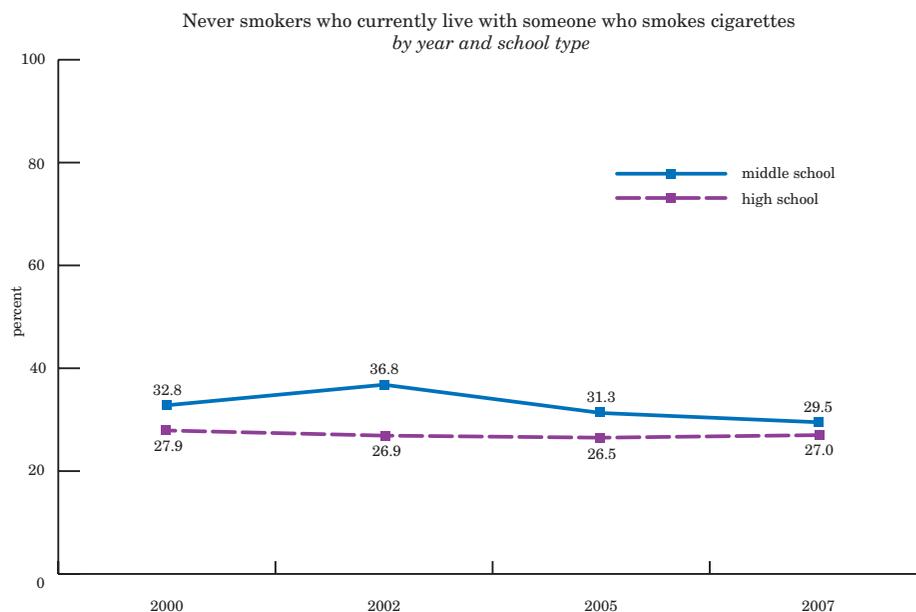


High school students who used smokeless tobacco in the past 30 days
by race/ethnicity and year



TRENDS IN ENVIRONMENTAL TOBACCO SMOKE EXPOSURE AT HOME

- Since 2000, there has been little change in the percentage of never smokers in middle or high school who currently live with someone who smokes cigarettes
- The percentage of middle school current smokers who live with a smoker has increased from 60.9% in 2000 to 75.2% in 2007. The change is not statistically significant
- The percentage of high school current smokers who live with a smoker has increased from 50.8% in 2000 to 60.6% in 2007. The change is not statistically significant
- Between 2000 and 2006, there was a statistically significant decrease in the percentage of Connecticut adults who smoke cigarettes.[†] But, despite this drop in the cigarette smoking rate, the percentage of students in middle and in high school who live with a smoker has not changed significantly (*the following data are not shown on graphs*):
 - In 2000, 41.1% of middle school students lived with a smoker. In 2007, 34.1% live with someone who smokes
 - In 2000, 39.9% of high school students lived with a smoker. In 2007, 37.4% live with someone who smokes



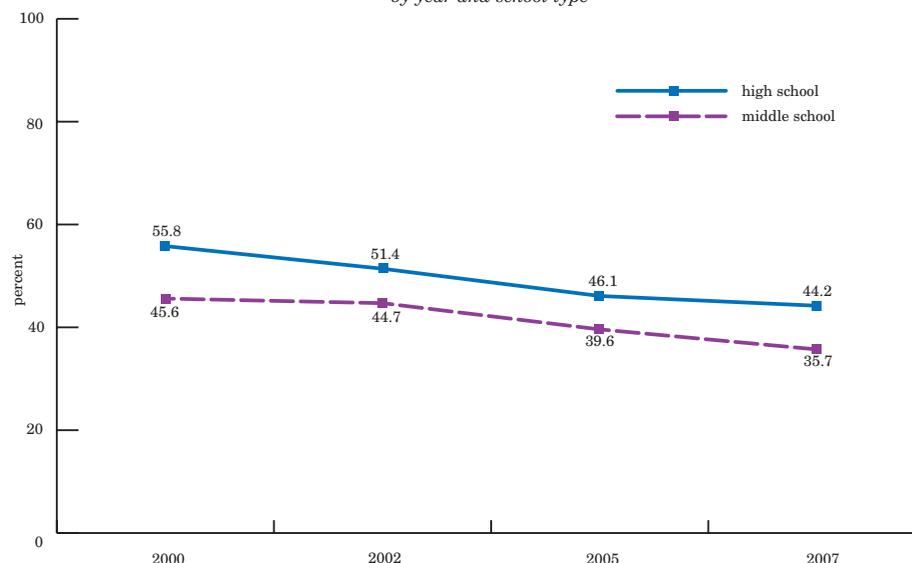
[†] Centers for Disease Control and Prevention (CDC), *Behavioral Risk Factor Surveillance System Survey* data, Atlanta, GA: U.S. Department of Health and Human Services, CDC [2000, 2006]



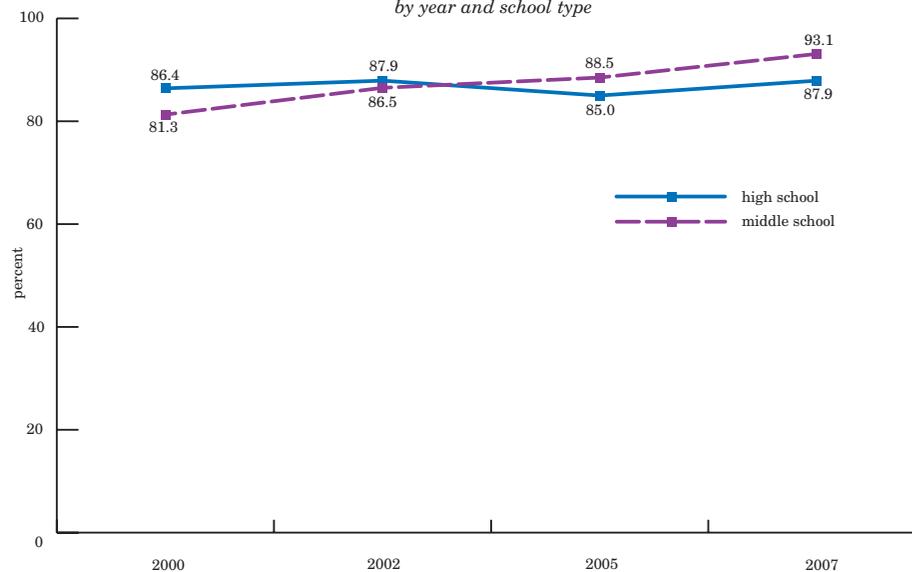
TRENDS IN ENVIRONMENTAL TOBACCO SMOKE EXPOSURE IN A ROOM

- Between 2000 and 2007, the percentage of middle school never smokers who were in the same room with someone who was smoking cigarettes on one or more of the past seven days (recent exposure) has decreased significantly from 45.6% to 35.7%
- Between 2000 and 2007, the percentage of high school never smokers who were recently in the same room with someone who was smoking cigarettes has decreased significantly from 55.8% to 44.2%
- Since 2000, the percentage of high school current smokers who were recently in the same room with someone who was smoking cigarettes has remained relatively stable
- Between 2000 and 2007, the percentage of middle school current smokers who were recently in the same room with someone who was smoking cigarettes has increased significantly from 81.3% to 93.1%
- Between 2000 and 2007, the percentage of middle school students who were recently exposed to environment tobacco smoke (ETS) in a room has decreased significantly from 54.6% to 40%—*data not shown on graphs*
- Between 2000 and 2007, the percentage of high school students who were recently exposed to ETS in a room has decreased significantly from 70.2% to 56.9% —*data not shown on graphs*

Never smokers who were in the same room with someone who was smoking cigarettes on one or more of the past seven days
by year and school type



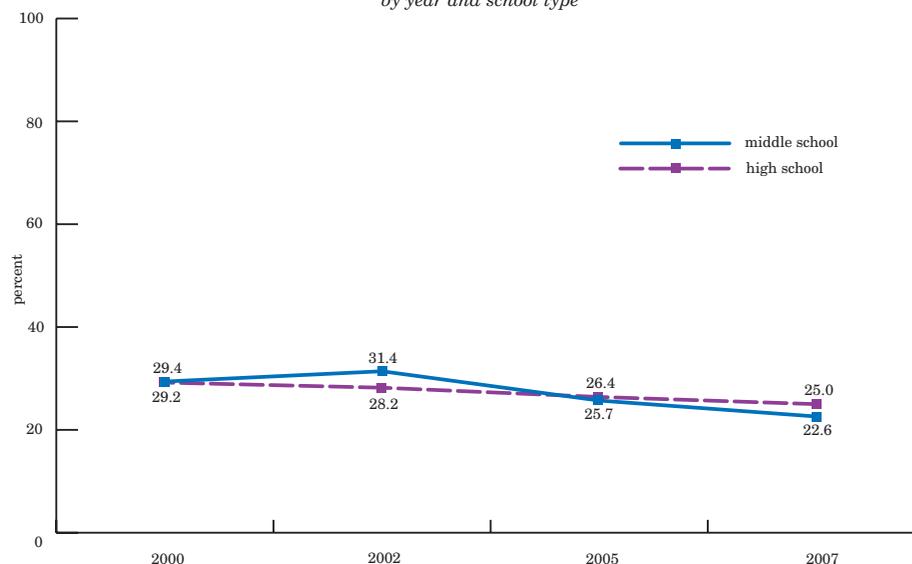
Current smokers who were in the same room with someone who was smoking cigarettes on one or more of the past seven days
by year and school type



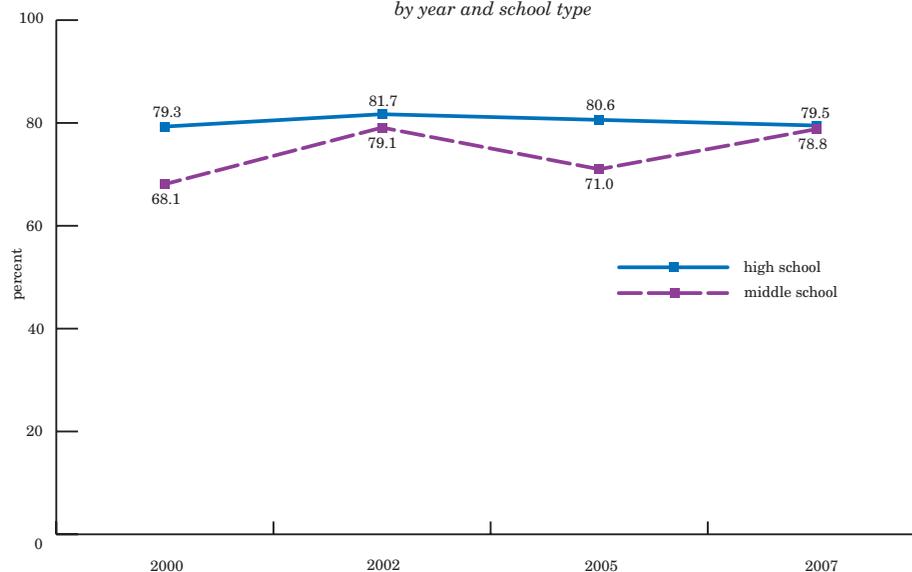
TRENDS IN ENVIRONMENTAL TOBACCO SMOKE EXPOSURE IN A CAR

- Between 2000 and 2007, there were no statistically significant changes in the percentage of middle school and high school never smokers who were in a car with someone who was smoking cigarettes on one or more of the past seven days (recent exposure)
- The percentage of high school current smokers who were recently in a car with someone who was smoking cigarettes has remained stable since 2000
- Between 2000 and 2007, the percentage of middle school current smokers who were recently in a car with someone who was smoking cigarettes has fluctuated between approximately 70% and 80%
- Between 2000 and 2007, the percentage of middle school students who were recently exposed to environment tobacco smoke in a car has decreased significantly from 39.5% to 26.8% —*data not shown on graphs*
- Between 2000 and 2007, the percentage of high school students who were recently exposed to environment tobacco smoke in a car has decreased significantly from 51.2% to 40.9% —*data not shown on graphs*

Never smokers who rode in a car with someone who was smoking cigarettes on one or more of the past seven days by year and school type



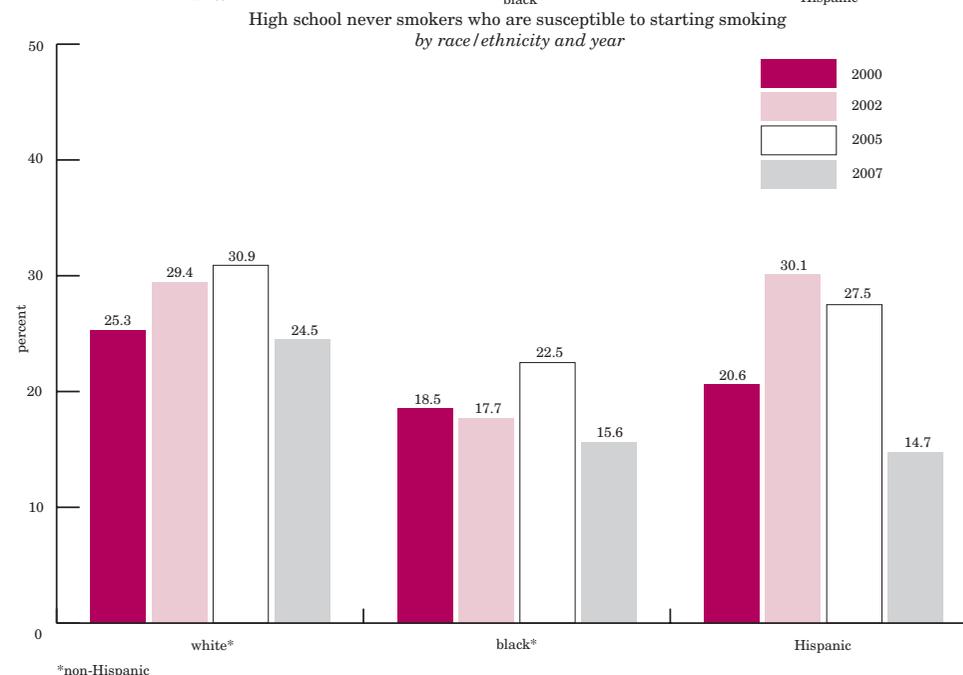
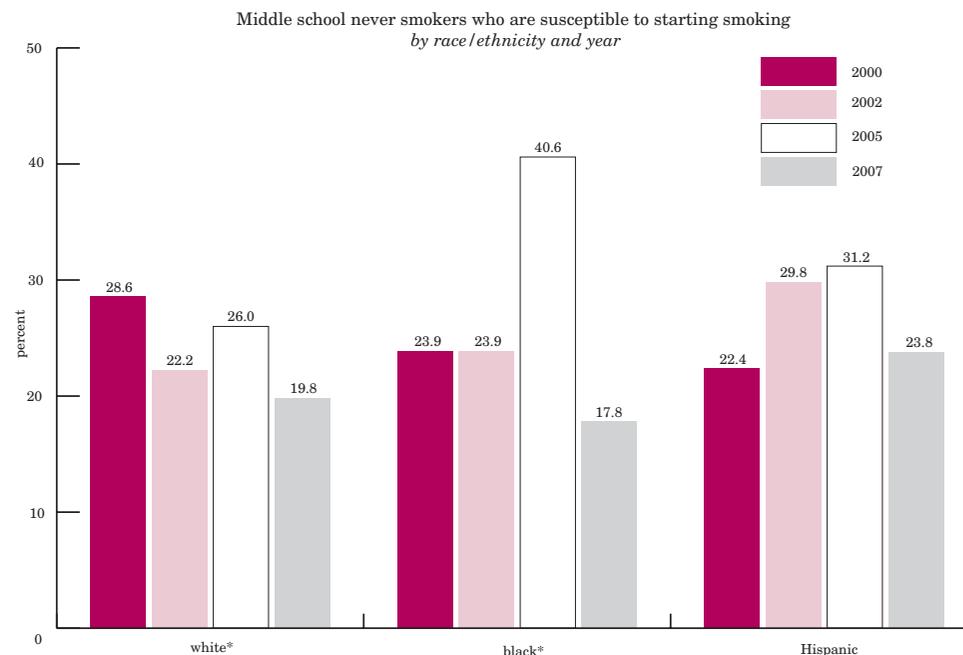
Current smokers who rode in a car with someone who was smoking cigarettes on one or more of the past seven days by year and school type



TRENDS IN SUSCEPTIBILITY TO STARTING SMOKING

- Among never smokers in middle school, susceptibility[†] to starting smoking decreased significantly from 27.3% in 2000 to 20.1% in 2007. During this same time period, susceptibility also decreased among high school never smokers from 23.9% to 22%, although the change is not statistically significant—*data not shown on graphs*
- Between 2000 and 2007, susceptibility among white middle school never smokers decreased significantly from 28.6% to 19.8%
- Susceptibility among black middle school never smokers increased significantly between 2002 and 2005, but between 2005 and 2007, it decreased significantly from 40.6% to 17.8%
- The current rate of susceptibility among Hispanic middle school never smokers is slightly higher than it was in 2000 but lower than it was in 2002 and 2005. None of the changes are statistically significant
- Between 2000 and 2007, the rate of susceptibility has not changed significantly among black high school never smokers
- In high school, susceptibility among Hispanic never smokers has decreased significantly from 30.1% in 2002 to 14.7% in 2007

[†] See *Glossary of Terms*, p.103, for definition



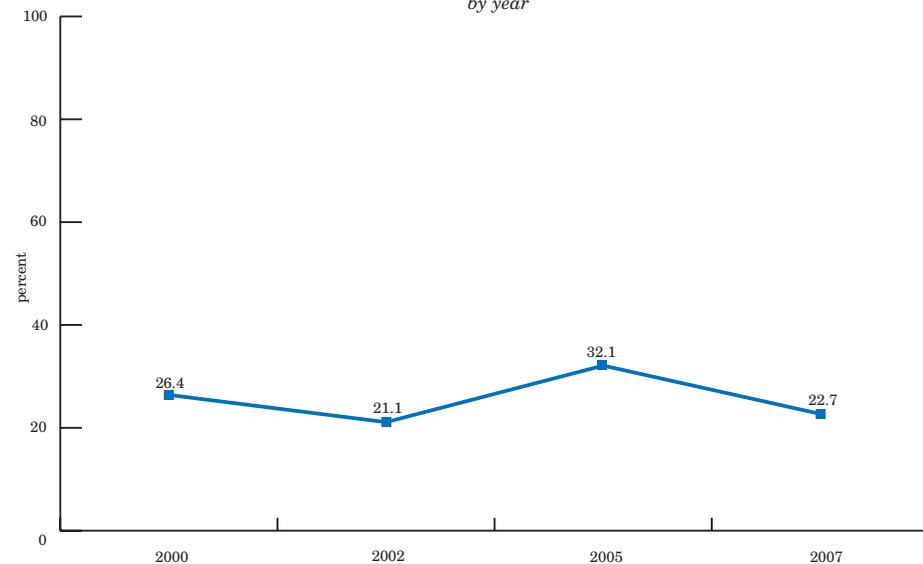
TRENDS IN ID REQUEST

- Between 2000 and 2007, there were no statistically significant changes in the percentage of middle school current smokers who were asked for proof of age when trying to buy cigarettes in a store during the past 30 days
- Among high school students who are current smokers and are age 18 and older, the percentage who were asked to show proof of age when buying cigarettes in a store during the past 30 days increased from 60% in 2002 to 85.2% in 2007[†]
- Among high school students who are current smokers and under age 18,[‡] the percentage who were asked to show proof of age when buying cigarettes in a store during the past 30 days decreased from 49.1% in 2000 to 34.5% in 2007
- Among girls in high school who are current smokers, the percentage who were asked to show proof of age when buying cigarettes in a store during the past 30 days increased from 49.8% in 2000 to 54.2% in 2007—*data not shown on graphs*
- Among boys in high school who are current smokers, the percentage who were asked to show proof of age when buying cigarettes in a store during the past 30 days decreased from 54.9% in 2000 to 48.3% in 2007—*data not shown on graphs*

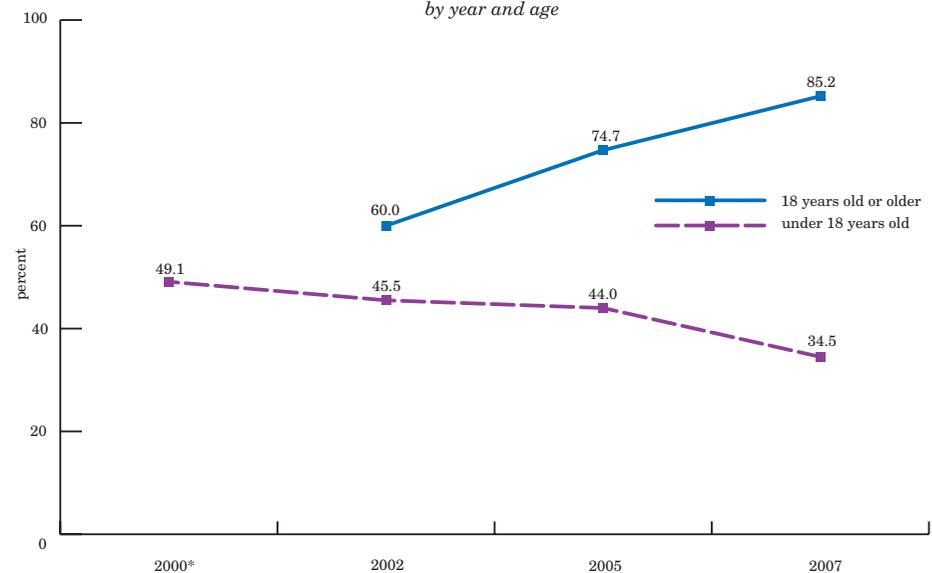
[†] In 2000, the sample size for this population of students was too small for a meaningful analysis; therefore, those data are not presented on the graph and are not discussed in the narrative.

[‡] In Connecticut, it is illegal to sell cigarettes to minors (under age 18), and it is illegal for minors to buy them.

Middle school current smokers under age 18 who were asked for proof of age when buying cigarettes in a store in the past 30 days
by year



High school current smokers who were asked for proof of age when buying cigarettes in a store in the past 30 days
by year and age



*Data are not presented for this population of current smokers who are 18 years old and older because the sample size of students is too small for a meaningful analysis.



Technical Notes and Tables

YOUTH BEHAVIOR COMPONENT SURVEY INSTRUMENT & SAMPLING DESIGN

The Youth Behavior Component (YBC) of the 2007 Connecticut School Health Survey (CSHS) instrument is based on the core questionnaire from the National Youth Risk Behavior Survey administered federally by the Centers for Disease Control and Prevention (CDC). The Connecticut instrument contains 99 questions that collect demographic information about the student, as well as data on behaviors that contribute to unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) infections; unhealthy dietary behaviors; and physical inactivity. Additionally, the YBC monitors general health status, protective factors, and the prevalence of overweight and asthma. Many other states are using CDC's core questions and procedures for their statewide assessments. Information collected on the YBC will provide a good source of comparison data to complement national data.

The YBC of the CSHS was administered in public high schools across Connecticut. For the YBC, a two-stage cluster design was used to produce a representative sample of students in grades 9 through 12. All regular public schools containing grades 9, 10, 11, or 12 were included in the sampling frame. In the first stage, schools were selected systematically from that sampling frame with a probability proportional to enrollment size in grades 9 through 12 using a random start. A total of 60 high schools were sampled; one school was ineligible. In the second sampling stage, in each participating school, all classes in a required subject or all classes meeting during a particular period of the day, depending on the school, were included in the sampling frame. Systematic equal probability sampling with a random start was used to select classes from each school that participated in the survey. All the students within a selected class were eligible to participate in the survey; however, survey procedures were designed to protect the privacy of students by allowing for anonymous and voluntary participation. No individual identifying information was collected. Forty-six (46) of the 59 sampled eligible schools participated. 2,086 of the 2,659 sampled students submitted questionnaires; 2,072 questionnaires were usable after data editing. The school response rate was 78%, and the student response rate was 78%, yielding an overall response rate of 61%.[†]

Once collected, Westat weighted the survey data. A weight has been associated with each questionnaire to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of non-response, and a post-stratification adjustment factor was calculated based on grade, sex, and race/ethnicity distribution among Connecticut students. Therefore, data in this report are representative of all non-institutionalized, public high schools students in Connecticut, and these weighted results can be used to make important inferences concerning the priority health-risk behaviors of all regular public school students in grades 9 through 12. The sampling design does not allow for analysis at the school or district level. Westat and DPH analyzed the data using SUDAAN® (Software for the Statistical Analysis of Correlated Data) software.

[†] Overall response rate is computed as (number of participating schools/number of eligible sampled schools)*(number of usable questionnaires/number of eligible students sampled in participating schools), rounded to the nearest integer.



**2007 Connecticut School Health Survey
Youth Behavior Component
Demographic Characteristics of Respondents**

Category	Total*	
	n	%
Sex		
male	1,078	51.0
female	983	49.0
Race/Ethnicity		
white**	1,344	68.9
black**	194	13.6
Hispanic	346	14.0
other**	142	3.4
Grade		
9	534	27.0
10	613	25.4
11	510	24.6
12	384	22.4
ungraded or other grade	7	0.6
Age		
15 or younger	764	35.8
16 or 17	1,066	50.7
18 or older	237	13.5
Total # of Students Participating	2,072	

*Figures represent unweighted sample size and weighted percent

**non-Hispanic



YOUTH TOBACCO COMPONENT SURVEY INSTRUMENT & SAMPLING DESIGN

The Youth Tobacco Component (YTC) of the 2007 Connecticut School Health Survey (CSHS) is based on the core questionnaire from the National Youth Tobacco Survey administered federally by the Centers for Disease Control and Prevention (CDC). The Connecticut instrument contains 83 questions that collect demographic information about the student, as well as data on current and lifetime use of tobacco products including cigarettes, smokeless tobacco, cigars, pipes, and bidis; initiation, and cessation attempts; access to tobacco; attitudes and perceptions about tobacco; exposure to tobacco advertising; exposure to environmental tobacco smoke; and information relating to several other health topics. Many states are using CDC's core questions and procedures for their statewide assessments. This survey provides a good source of comparison data to complement national data.

The 2007 CSHS was conducted in public middle and high schools across Connecticut. For the YTC, a two-stage cluster design was used to produce a representative sample of all regular public school students in grades 6-8 and in grades 9-12 in Connecticut. In the first stage, schools are selected randomly within the grade range specified with a probability proportional to enrollment size. In all, 59 middle schools and 59 high schools were chosen. The second sampling stage consisted of systematic equal probability sampling (with a random start) of classes from each of the selected schools. All of the students within a selected class are eligible to take the survey; however, participation is voluntary. No individual identifying information is collected. A total of 2,272 students from 46 middle schools and 2,031 students from 48 high schools completed the survey. For middle schools, the school response rate was 78%, and the student response rate was 90.8%, yielding an overall response rate of 70.8% (school rate x student rate). For high schools, the school response rate was 81.4%, and the student response rate was 80.8%, yielding an overall response rate of 65.8%.

Once collected, the survey data were weighted by CDC's Office on Smoking and Health to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of non-response, and a post-stratification adjustment factor was calculated based on grade, sex, and race/ethnicity distribution among Connecticut students. Therefore, data in this report are representative of all non-institutionalized, public middle and high schools students in Connecticut. The sampling design does not allow for analysis at the school or district level. The CDC and DPH analyzed the data using SUDAAN® (Software for the Statistical Analysis of Correlated Data) software.



2007 Connecticut School Health Survey Youth Tobacco Component Demographic Characteristics of Respondents					
Category	Middle School*		High School*		Total
	n	%	n	%	n
Sex					
male	1,132	51.2	1,035	50.9	2,167
female	1,136	48.8	985	49.1	2,121
Race/Ethnicity					
white**	1,470	66.8	1,267	68.5	2,737
black**	288	13.7	273	13.8	561
Hispanic	384	15.7	386	14.3	770
other**	122	3.9	94	3.4	216
Grade					
6	623	32.7	-	-	623
7	761	33.5	-	-	761
8	863	33.9	-	-	863
9	-	-	610	27.3	610
10	-	-	478	25.6	478
11	-	-	465	24.4	465
12	-	-	467	22.6	467
Age					
12 or younger	939	45.4	4	0.2	943
13	794	32.8	1	0.0	795
14	480	18.9	227	9.9	707
15	50	2.3	547	25.3	597
16	2	0.2	478	25.9	480
17	0	0.0	484	25.1	484
18 or older	3	0.4	287	13.5	290
Total # of Students Participating					
	2,272		2,031		4,303

*Figures represent unweighted sample size and weighted percent

**non-Hispanic



Glossary of Terms

GLOSSARY OF TERMS

BIDIS: brown, leaf-wrapped cigarettes made primarily in India, which are available in different flavors such as chocolate and cherry.

BINGE DRINKING: consumption of five or more alcoholic beverages in a row within a couple of hours at least once in the 30 days prior to the survey.

CURRENT: using tobacco, alcohol, or other drug or engaging in a behavior (except for sexual intercourse; see definition for “currently sexually active”) at least once in the 30 days prior to the survey.

CURRENT ALCOHOL USE: consuming at least one alcoholic beverage on 1 or more of the 30 days prior to the survey.

CURRENT CIGARETTE SMOKING: smoking cigarettes on 1 or more of the 30 days prior to the survey.

CURRENT DRINKING: consuming at least one alcoholic beverage on 1 or more of the 30 days prior to the survey.

CURRENT TOBACCO USE: using any form of tobacco on 1 or more of the 30 days prior to the survey.

CURRENTLY SEXUALLY ACTIVE: sexual intercourse at least once in the three months prior to the survey.

DAILY SMOKING: smoking at least one cigarette per day on all 30 of the 30 days prior to the survey.

DATING VIOLENCE: purposely hit, slapped, or physically hurt by a boyfriend or girlfriend in the 12 months prior to the survey.

ENVIRONMENTAL TOBACCO SMOKE (ETS): (also known as secondhand smoke) is a complex mixture of gases and particles that come from a burning cigarette, cigar, bidi, or pipe tip (sidestream smoke) and exhaled as mainstream smoke. ETS is a known human carcinogen (cancer-causing agent). More than 50 compounds in ETS have been

identified as known or reasonably anticipated human carcinogens. ETS contains at least 250 chemicals that are known to be toxic or carcinogenic.

EVER: using a product, such as tobacco, alcohol, or other drug, or engaging in a behavior at least once during one’s lifetime.

EVER CIGARETTE USE: any cigarette smoking during one’s lifetime, even one or two puffs.

EVER-DAILY SMOKING: smoking at least one cigarette per day for 30 days in a row at anytime during one’s lifetime.

EVER TOBACCO USE: any cigarette, smokeless tobacco, cigar, pipe, or bidi use during one’s lifetime.

FEELING SAD OR HOPELESS: depression that is present every day for two weeks or more in a row (in the 12 months prior to the survey) that caused a student to stop doing some usual activities.

FELT UNSAFE TO GO TO SCHOOL: not going to school on at least 1 day in the 30 days prior to the survey because of feeling unsafe at school or feeling unsafe going to or from school.

FREQUENT CIGARETTE SMOKING: smoking cigarettes on 20 or more of the 30 days prior to the survey.

HIGH SCHOOL: grades 9, 10, 11, and 12.

INACTIVE: not participating in at least 60 minutes of physical activity on at least one of the seven days prior to the survey.

INHALANT USE: sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high.

MIDDLE SCHOOL: grades 6, 7, and 8.

NEVER CIGARETTE SMOKERS: students who have never tried cigarette smoking, even one or two puffs.



NON-FREQUENT CURRENT SMOKING: smoking cigarettes on at least 1 but on fewer than 20 of the 30 days prior to the survey.

NON-SMOKERS: students who did not smoke at all during the 30 days prior to the survey.

OVERALL: the entire group of students in middle or high school.

OVERWEIGHT: determination of this risk is based on age, sex, and body mass index (BMI).[†] For this report, students who were considered “at risk for becoming overweight,” which is when BMI percentile is at or above the 85th percentile by age and sex, and students who were considered “overweight,” which is when BMI percentile is at or above the 95th percentile by age and sex, were combined to form one group of students. This group of students is defined as “overweight” in this report.

RACE/ETHNICITY FOR THE YBC: was based on the student’s answer to one of two questions. 1.) “Are you Hispanic or Latino?” or 2.) “What is your race?” (students could select one or more answers to question 2). The options for question 2 were “American Indian or Alaska Native,” “Asian,” “Black or African American,” “Native Hawaiian or Other Pacific Islander,” or “White.” In this report, three classifications were used. Students were classified as “**Hispanic**” if they answered “yes” to question 1; “**white**” (non-Hispanic) if they selected “no” for question 1 and only “White” for question 2; or “**black**” (non-Hispanic) if they selected “no” for question 1 and only “black or African American” for question 2. Data are presented only for black, Hispanic and white students because the sample sizes of students from other racial/ethnic populations were too small for meaningful analyses.

RACE/ETHNICITY FOR THE YTC: was computed from one of the following questions: 1.) “How do you describe yourself?” (students could choose more than one response) or 2.) “Which one of these groups best describes you?” (students could choose only one response). Response options for both questions were “American Indian or Alaska Native,” “Asian,” “Black or African American,” “Hispanic or Latino,” “Native Hawaiian or Other Pacific Islander,” or “White.” Students who selected “Hispanic or Latino” for either question were classified as “**Hispanic**.” For students who did not choose “Hispanic or Latino,” their response to “Which group best describes you?” was used. Students were classified as “**white**” if they selected “White.” Students were classified as “**black**” if they selected “Black or African American.” Students were classified as “other” if they selected any of the other options except “Hispanic or Latino.” Data are presented only for black, Hispanic and white students because the sample sizes of students from other racial/ethnic populations were too small for meaningful analyses.

SIGNIFICANT DIFFERENCES: reflect a statistical probability of $p \leq 0.05$ that the difference seen between categories is due to chance. Conversely, when the term “no significant difference” or “insignificant” is used, the 95% confidence intervals around the point estimates overlap, making it impossible to tell whether a true difference exists.

SUSCEPTIBLE TO STARTING SMOKING: never smokers were classified as *not* being susceptible to smoking cigarettes if they responded that a) they would *not* smoke a cigarette soon; AND b) they would *definitely not* smoke in the next year; AND c) they would *definitely not* smoke if their best friend offered them a cigarette. ***All other never smokers were classified as being susceptible to starting cigarette smoking in the next year.***[‡]

[†] CDC growth charts were used to calculate BMI percentile for age and sex and to generate percentages for “at risk for becoming overweight” and “overweight.” This program is posted on CDC’s Division of Nutrition and Physical Activity website (<http://www.cdc.gov/nccdphp/dnpa/growthcharts/sas.htm>)

[‡] Centers for Disease Control and Prevention. *CDC Surveillance Summaries*, October 13, 2000. MMWR 2000; 49 (No. SS-10), p. 14



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